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(Tropical Hibiscus Cooler, p.92)

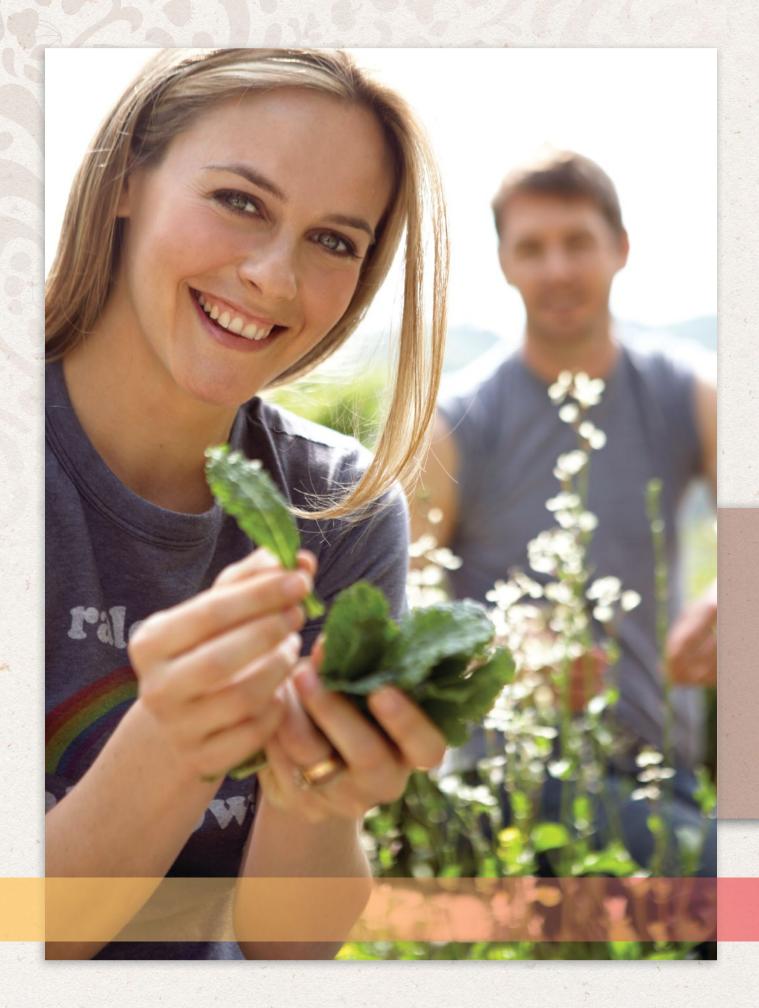
Budget Beauty healthstore finds that do

double duty

BON VOYAGE! HEALTHY TRAVEL BAG ESSENTIALS



Actress Marilu Henner: her favorite natural products



4 Natural BEAUTY.

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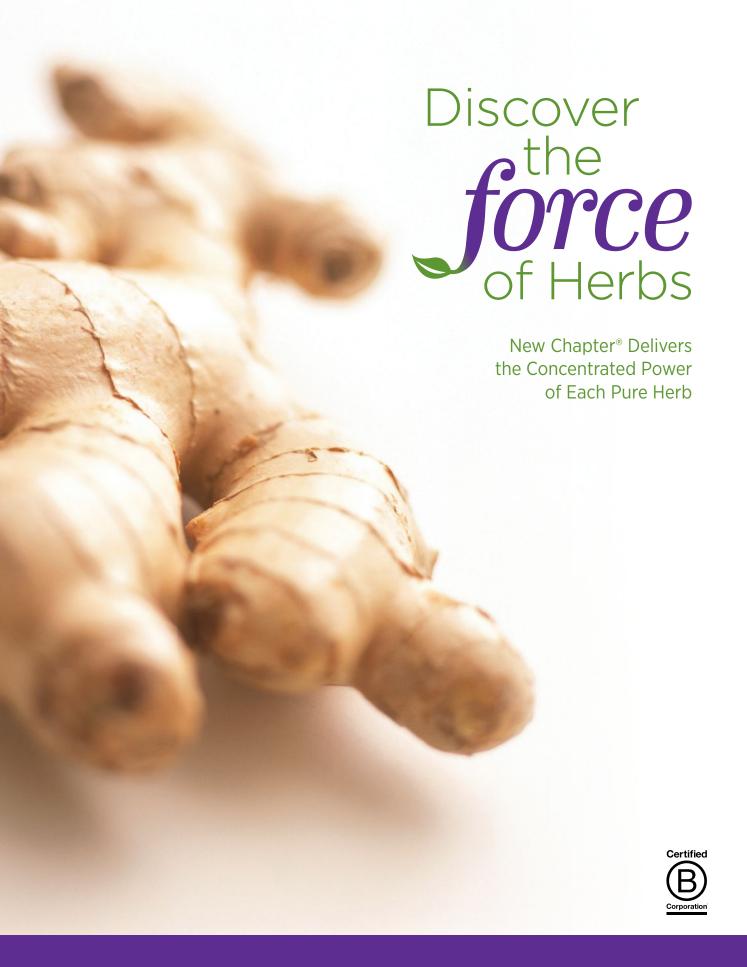
"I searched for certified organic, Non-GMO Project Verified, whole food supplements for years and could not find one that I would take, let alone recommend to anyone. I was surprised they didn't exist and went looking for a partner to create them.

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Alicia Silverstone
Actress . NY Times Best-Selling Author. Health Advocate





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features

7 WAYS TO BOOST YOUR ENERGY

Surprising strategies to enhance vitality and beat fatigue. Plus, top supplement picks.

WEIGHT-LOSS TRENDS

A look at six of the most popular ways to slim down now, from fitness apps to meal replacements.

THE HEALTHY-SKIN DIET

Reducing your risk of skin cancer—from the inside out.

TRAVEL WELL

If you're planning a vacation this summer, here's how to pack your bag to fight the germ-friendly skies.

departments

10 AMAZING NEWS

Secrets of a romance novel cover model; obesity's link to vitamin B1 deficiency: the No. 1 "power veggie" and more.

22 IN THE BAG

Marilu Henner

This health-conscious actress shares her secrets to amazing memory and great health.

24 INSIDE SCOOP

Turmeric

The latest on the ancient spice that fights inflammation, eases arthritis, and may inhibit cancer growth.

28 REMEDY 411

Gotta Go?

Natural ways to treat incontinence.

30 NEED TO KNOW

Are You Hypothyroid?

Know the symptoms, how to test, and supplements that can help.

34 HERBAL HEALING

Top Three Herbs for Women

Botanical multitaskers that should be in every woman's medicine cabinet.

36 HEALTH Q & A:

Cooking Oil Myths, Busted

No, olive oil is not the best cooking oil. Jonny Bowden, PhD, CNS, debunks this and other myths.

68 GO HOMEOPATHY

What's All the Buzz About?

For bee stings and rashes, Apis mellifica is the perfect homeopathic remedy to have on hand.

72 BEAUTY INSIDE & OUT

Beauty Breakthrough

Ceramides nourish skin from without and within

76 NATURAL GLOW

Beauty on a Budget

Five must-haves for natural beauties.

80 HEALTHY PET

Your Dog's Warm-Weather **Grooming Kit**

Safe and natural shampoos and sprays, plus DIY doggy deodorants.

84 FIT & HEALTHY

Take Your Workout Outside

The unexpected perks of exercise in the great outdoors.

88 HEALING KITCHEN

On Ice

Sit back and relax with these refreshing iced tea recipes.

96 CHECK IT OUT!

See what's hot in supplements right now.

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Editorial Director Nicole Brechka ... "I love having dinner outside during the summer!"

Creative Director Rachel Joyosa ... "Stroll or ride bikes along the beach!"

Editor Ann Nix ... "Walking around my neighborhood farmer's market."

Contributing Art Director Rachel Pilvinsky ... "Hiking, because my whole family can do it."

Associate Editor Elizabeth Fisher ... "I love being outdoors on hot summer nights, and take walks on the beach often.'

Contributing Editor Vera Tweed ... "Going to the beach because it makes me feel great!"

Copy Editors James Naples ... "Reading in my backyard hammock."

Production Director Cynthia Lyons ... "Biking along the beach because it reminds me how lucky I am to live where I do."

Production Manager Mark Stokes



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editor's note



LET THE **SUNSHINE IN?**

NOW THAT SUMMER HAS ARRIVED, SO HAVE TRIPS TO

the beach or lake, lounging by the pool, and generally spending more time in the great outdoors. But gone are the days of baking in the sun for hours (often with liberal amounts of Coppertone oil and literally frying our skin), as I did in the '80s. Many health-conscious people avoid spending time in the sun at all for fear

of developing skin cancer, or else use sunscreens liberally. We've been told for years that if we spend any time outside, even in the winter months and on cloudy days, we should protect our skin by slathering ourselves with sunscreen. But it seems in the process, many of us have become dangerously low in vitamin D—a vitamin that recent studies show may be cancer-protective.

A recent study that analyzed data from 107 countries found that rates of pancreatic cancer were highest in countries with the least amount of sunlight—even after factors such as smoking and obesity were taken into account. Researchers speculate that low vitamin D levels could be the reason. There have been similar findings for other cancers. Vitamin D seems to benefit many other aspects of our health as well, such as boosting immunity and the ability to fight off infection, and (surprisingly) reducing risk of incontinence (see "Gotta Go?" on p. 28). Even our pets seem to benefit from the sunshine vitamin—one study found that pets with the highest vitamin D levels that were admitted to animal hospitals were most likely to survive serious illness.

Studies suggest that diet can go a long way in guarding against skin cancer, specifically the Mediterranean diet (see "The Healthy Skin Diet" on p. 56). This diet is high in fish, olive oil, fruits and vegetables, nuts, and it even includes red wine. One reason this diet may be protective is that fish, especially salmon and tuna, is rich in essential fatty acids and niacin (vitamin B3). This past May, a report presented at the annual meeting of the American Society of Clinical Oncology found that people who took niacinamide supplements reduced their risk of developing skin cancer by 23 percent.

When it comes to the sun, it seems that the best advice is moderation, as in most things. Enjoy time outside, but don't burn. Most experts suggest 15 minutes per day of sunshine, with some parts of the skin exposed, such as legs and arms, avoiding peak hours (10:00 a.m. to 2:00 p.m.). Use sunscreens if spending a lot of time in the sun (choose natural brands free of potentially dangerous chemicals). And be sure to take your vitamin D. Here's to an amazing summer!

Ann Nix

anix@aimmedia.com

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Collagen study.

AMAZING NEWS



So far, human studies have tested bergamot extract on more than 400 people with elevated blood fats, including cholesterol and triglycerides, which increase risk for both heart disease and diabetes. These are some of the findings:

- An Italian study, published in the journal Fitoterapia, compared a placebo with either 500 or 1,000 mg of bergamot extract. After one month, for the lower and higher dosages, average reductions in harmful LDL cholesterol were 24 and 36 percent and for triglycerides, 30 and 39 percent, while beneficial HDL cholesterol increased by 22 and 40 percent. Elevated blood sugar dropped by 15 and 25 percent.
- Another study, published in the International Journal of Cardiology, compared the effects of a placebo, a statin, 1,000 mg of bergamot, and a combination of the statin and bergamot during one month. All but the placebo effectively lowered cholesterol, and among those taking the drug-supplement combination, doctors cut the drug dosage in half without reducing its effectiveness.
- A study published in Advances in Biological Chemistry looked at the effect of 650 mg of bergamot extract, twice daily, on the liver. Researchers found that among people with nonalcoholic fatty liver disease and risk for heart disease and diabetes, bergamot improved levels of cholesterol, triglycerides, and blood sugar, and improved liver health.

USING BERGAMOT EXTRACT: 500–1,000 mg daily has been the effective dose in studies. It's preferable to take bergamot before or between meals, rather than with food.



Editors' product picks

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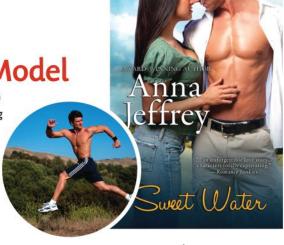




Fitness Secrets of a Romance Model

Guys often ask Jason Aaron Baca, the handsome hero on covers of more than 320 romance novels, for his fitness secrets. "You can't just walk in the gym, start doing some bench presses, and the next day, have an amazing body with muscles popping out all over!" says Baca.

Visualizing how you want to look is the first step, he says. "If guys picture themselves with a beer gut all the time, what becomes of it? You guessed it." To get in your best shape, it takes focus on what you want to achieve, and a routine that suits you. Here's what Baca does:



EXERCISE

"I always make sure to keep my workouts different," he says, "but as for the body parts I work each day, I usually stay with the same ones."

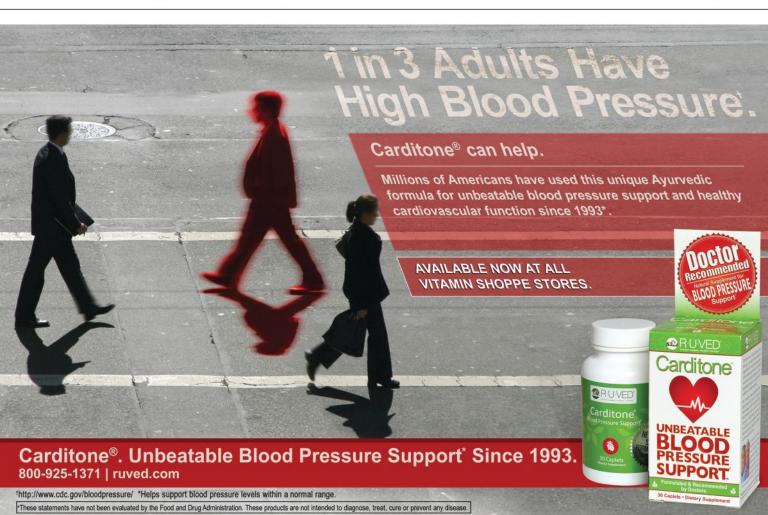
- Monday: back and abs
- Tuesday: chest, triceps, and abs
- Wednesday: legs and abs
- Thursday: cardio and weak point training (exercising a body part I feel is falling behind the rest of my muscles)
- Friday: biceps and abs
- Saturday: cardio and abs
- Sunday: rest

FOOD

He eats every 2 hours and chooses clean foods, including low-fat protein bars and whey protein. Here's a typical day:

- 8 a.m.: 1 cup fat-free milk and a multivitamin
- 10 a.m.: 1 protein bar and water
- 12 noon: 2 chicken breasts, 1 cup asparagus, almonds, and water
- **2 p.m.:** yogurt, an orange, and water
- 4 p.m.: 3 egg whites and 1 protein shake
- ▶ 6 p.m.: 2 egg whites and 1 can tuna

"A lot of guys feel they can be dedicated to their exercise and eat whatever they want," he says, "but it won't get you the hot body you may want."











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VITAMIN E: BRAIN ESSENTIAL

Researchers at Oregon State University have discovered why vitamin E is essential for a healthy brain. A deficiency may cause neurological damage by interrupting a supply line of specific nutrients and robbing the brain of the building blocks it needs to maintain health. "You can't build a house without the necessary materials," says Maret Traber, PhD, lead author of the study, which was published in the Journal of Lipid Research. "In a sense, if vitamin E is inadequate, we're cutting by more than half the amount of materials with which we can build and maintain the brain."

watercress gets top score

Kale may be all the rage, but watercress ranks as the No. 1 "powerhouse" veggie, meaning the one with the greatest concentration of 17 nutrients believed to be most important for preventing chronic disease. That's the conclusion of a nutrient analysis by researchers at William Patterson University, published in *Preventing Chronic Disease*. (Kale ranks No. 15.)

A member of the mustard family, watercress has a slightly bitter, more peppery flavor than many of its leafy green cousins. It can punch up soups, sandwiches, egg dishes, dips, or salads and works well with citrus, cucumbers, pears, and fruity dressings.





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popular joint supplements fight chronic inflammation

Glucosamine and chondroitin, popular joint supplements among athletes, active people, and those with osteoarthritis, have long been regarded as a source of building blocks for healthy cartilage

that cushions joints. Now, researchers at the Fred Hutchinson Cancer Research Center in Seattle have found that both nutrients are also anti-inflammatory, thereby helping to protect joints and prevent a variety of chronic conditions driven by inflammation, including cancer. Using blood samples, the study, published in the journal *PLOS One*, found that the supplements reduced C-reactive protein, a chief marker of systemic inflammation.

OBESITY LINKED TO B1 DEFICIENCY

B1 (thiamine) is essential for metabolism of sugar and carbohydrates and for overall health. It appears that a deficiency of this important vitamin is more common among people who are obese compared to those of normal weight. In a study published in *Advances in Nutrition*, researchers in Washington, DC, found that up to 29 percent of patients seeking bariatric surgery were deficient in B1. They believe this is because foods high in sugar require B1 to be metabolized, leading to a shortfall of the vitamin. This can manifest as mental and physical fatigue, mood swings, muscle and back pain, and nausea.



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supplements and cancer: THE FACTS

If you've heard recent news that dietary supplements may cause cancer, don't be alarmed, but do get the facts. The "news" stemmed from a presentation of earlier research relating to multivitamin ingredients not a new study—at an annual meeting of the American Association for Cancer Research, and media reports generalized cancer risks that apply only in very specific situations.

"I don't think we need to throw out all multivitamins," says Lise Alschuler, ND, a board-certified naturopathic oncologist at Naturopathic Specialists in Scottsdale, Ariz., and a former director of naturopathic medicine at Cancer Treatment Centers of America.

In fact, says Alschuler, 20 years ago, a study found that smokers who take beta-carotene that is added to supplements had increased risk for lung cancer, and should avoid it, but beta-carotene in food is protective. Supplements with beta-carotene in a natural food source, such as Hawaiian Spirulina Pacifica, would also be protective.

In addition, she says, "Nobody would benefit from dl-alpha tocopherol (synthetic vitamin E)." Instead, take natural vitamin E, d-alpha tocopherol, or even better, mixed tocotrienols, a family of vitamin E nutrients.

Alsochuler also cautions that people who have a history of aggressive or advanced cancer should avoid copper, because it plays a role in tumor formation. And anyone with a history of estrogen- or testosteronedependent cancers should avoid boron. Both nutrients are found in some multivitamins.

In terms of cancer risks, she says, "Beyond that, I don't think we can securely make any additional statements." And, supplementation supervised by a knowledgeable health practitioner can benefit cancer patients.

Are You Sharing Your Life (and Bed) with Pain?

Relieve Pain Safely, and Sleep Soundly!

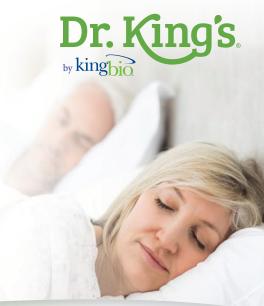
It's no secret that conventional pain medications cause potentially serious negative side effects, such as liver and kidney damage. Another option exists - safe, natural, homeopathic medicine.

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amazing people

The Clean Food Coach

Jeanette Bessinger's clean-food approach offers easy solutions to healthful eating and weight management

BY JONNY BOWDEN, PHD, CNS



health—particularly some of the most interesting and innovative—Jeannette Bessinger's career started because she got sick. Really sick, in fact. With a rare autoimmune disease.

Not surprisingly, conventional medicine had little to offer. "The doctors just had no idea what to do with me," she says. "They also didn't believe that what I ate had anything to do with it."

The connection between autoimmune diseases and inflammation—actually, between all diseases and inflammation—is only now being fully appreciated, but at the time (over two decades ago), this was not widely known. Nor was the connection between inflammation and diet. So Bessinger began studying food and its impact on human health.

Spoiler alert: She has been symptomfree for decades. During this time Bessinger—an ordained (nondenominational) minister-was doing a series of talks for doctors and nurses in hospitals about the mind-body connection. One of those hospitals was getting ready to revamp its weight-loss program, and with Jeannette's new interest in (and passion for) healthy eating she was invited to participate.

"We spent the next eight years in a clinical setting trying to address this growing problem of obesity," she told me. "We worked with hundreds of people of all races, ages, and income levels. It was a community hospital, so we had a real 'man-off-the-street' environment. We wound up doing a research project where we interviewed over 1,000 people with

one goal in mind—to find out what was the barrier to eating healthy. We wanted to know what was really getting in the way." The two-fold answer came up time and time again: Time and money.

Fast-forward a decade. Bessinger's "Clean Food Coach" brand is about translating everything she learned in years of clinical experience into healthy solutions that are relatively easy and relatively inexpensive.

I asked Bessinger what I ask every health guru: How do we define "healthy eating"? There are so many plans, so



animals should eat the foods they were "designed" to eat-cattle raised on pasture, or grass, fish that are wild, chickens that are free-range."

She likes foods that are local. "Local foods are right for the season and the climate," she said. "There's a real synchron-

"When the food you eat is natural, organic, local, non-GMO, and comes from healthy plants and animals, the rest is merely details."

many diets, so many theories—how do you make sense of them? How do you choose what's right for you?

"I'm a great believer in biochemical individuality," she told me. "And even in the same person, nutritional needs evolve and change. My needs now are very different than they were 30 years ago." That said, there are some basic guidelines that inform all of her recommendations.

"Top of the list is that food has to be whole food. It has to be natural and unprocessed. It has to come from plants and animals that are healthy. And all

icity between plants grown in a local area and the animals that eat them."

Continues Bessinger, "When the food you eat is natural, organic, local, non-GMO, and comes from healthy plants and animals, the rest is merely details. You can always work out the exact proportions of protein, carbs and fat depending on your age, activity level, and individual reactions to food," she says.

"When it comes to your health, the most important thing is that food be clean and natural. Highly refined and manufactured foods just don't cut it for anyone."

5 MINUTES

Sitting for three hours or more impairs circulation and damages blood vessels, contributing to heart disease and other chronic conditions. However, taking a five-minute break every hour for some light walking can prevent such harm, according to a study published in *Medicine & Science in Sports & Exercise*.

45%

That's how many Americans take an omega-3 supplement, yet 81% recognize that the fats are important for their health, and 65% aren't sure if they're getting enough, according to a survey of more than 1,000 American adults for the Global Nutrition & Health Alliance, an international group of physicians and nutritionists.

2.1 acres

With a plot at least that big, a family of four could be self-sufficient and live off the land instead of buying food, according to agrilicious.com, a site that helps people eat local and grow their own food. In addition to cultivating adequate veggies and fruit, 2.1 acres allows for growing wheat and corn (to feed people and animals), and raising chickens for eggs, pigs for meat, and goats for dairy.

eggs enhance veggies

Eating cooked eggs with veggies increases nutrient absorption considerably, according to a study of 16 healthy young men who ate a salad of tomatoes, shredded carrots, baby spinach, romaine lettuce, and goji berries. Compared to eating the salad without any eggs, eating it with three eggs increased absorption of carotenoids, including beta-carotene, alpha-carotene, lycopene, lutein, and zeaxanthin, up to nine times. Study findings were presented at an annual meeting of the American Society for Nutrition.





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MARILU HENNER

This health-conscious actress reveals the natural products she always has on hand

TAXI STAR MARILU HENNER HAS BEEN HAILING PREVENTIVE HEALTH SINCE LOSING HER

dad and mom—to a heart attack and complications of rheumatoid arthritis, respectively—in their 50s. "I thought, 'Okay, I've been dealt this genetic hand, so let me figure out a good way to live my life based on this," Henner, 63, remembers. "I started realizing that what's good for your body is good for your

"I started realizing that what's good for your body is good for your brain is good for your heart is good for your arthritis is good for your bones. It was a total health makeover that I needed."

Henner's tenth natural health-centric book, Love Detox and Changing Normal: How I Helped My Husband Beat His Cancer, hits shelves this fall. And in The Vitamin Shoppe now is Ascenta Spark, a product inspired by Henner's super-sharp recall—she's one of a few people classified with Highly Superior Autobiographical Memory. "It was fun trying to come up with the name," she says. When somebody said, "How about a 'spark'?" And I said, 'Yesss! Spark your brain!" And it's one of the ever-energized redhead's top natural product picks.





ASCENTA SPARK

A tsp. of tangerineflavored Spark helps sharpen your memory and focus. Omega-3s—EPA and DHA—and phosphatidylserine support cognitive health and brain

function. And for eye health, this elixir contains the antioxidants lutein and zeaxanthin. "Your brain and your eyes are very similar—it's all connected," Henner says. "Also, I get a lot of my vitamin D through this."

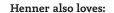
DR. THEO'S OFFICIAL AVOSOY COMPLETE

"It's amazing for joint health. It's got glucosamine and lots of other good stuff in it"—including chondroitin, vitamins C and E, calcium and ASU (avocado-soybean unsaponifiables).

THE VITAMIN SHOPPE PYCNOGENOL

Pycnogenol

"It's got a lot of antioxidants in it and it's really good for your blood. And I think it's great for stress. Let's say if you went to an Academy Awards party or threw one, it's the perfect supplement to take the next day!"



Vitamins B_6 and B_{12} ("I take them for energy"), vitamin E sticks ("They're great for wrinkles"), and vitamin C.

Staying Fit and Energized

It's rise and shine at 5:30 a.m. for Henner, who records her national radio program, The Marilu Show, five days a week. "I don't like to eat a big meal before I do the show, so I'm big on raw nuts and tangerines—something to sort of tide me over," she says. Daily fitness ignites her productivity, too. "I do a Pilates warm-up every day for 13 minutes," she adds. "And I try to walk two miles a day. That's my usual routine. Last week I danced a lot." Lunch and dinner power the longtime health advocate—who's staunchly anti-dairy—with rich fiber and plant-based protein, smart carbs, and a rainbow of veggies. "I eat a lot of beans and brown rice and quinoa, and I try to have a big salad every day, at least once a day."

Chris Mann is a celebrity wellness and fitness writer, natural health brand storyteller, entertainment author and journalist, and digital-content producer (ChrisMann.TV).

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TURMERIC

When it comes to taming inflammation, easing arthritis, and even inhibiting cancer growth, nothing beats turmeric

TURMERIC AND ITS ACTIVE INGREDIENT,

curcumin, have become top sellers in health food stores. What's the buzz? The Indian curry spice is a leading way to reduce the inflammation that underlies ills, from joint pain and bad moods to indigestion and memory loss. Turmeric has a long history of use both as a spice and as a natural remedy. For more than 4,000 years, it has been used in traditional Indian Ayurvedic and Chinese systems of healing to treat a variety of ailments, including gas, menstrual difficulties, arthritis, skin diseases, and liver conditions, and to enhance energy.

In the early 1970s, Indian scientists discovered that the herb has anti-inflammatory properties, primarily from a specific component, curcumin. From that point forward, more and more scientists began examining its various characteristics, and have found that it also contains antioxidants and inhibits cancer growth.

In recent years, several patented forms of curcumin have also become available, and these, too, have been tested in studies. Found in various brands of supplements, they are designed to enhance the bioavailability of the supplement and speed up relief from symptoms.

ANTI-INFLAMMATORY POWER

Inflammation underlies the aging process, as well as chronic conditions from indigestion, heart disease, and diabetes to cancer, Alzheimer's, and even bad moods. The anti-inflammatory nature of curcumin has been documented in more than 3,000 published articles.

As an example, research with type 2 diabetics, who are at high risk for atherosclerosis, found that daily curcumin supplements reduced their risk. The study,

published in *The Journal of Nutritional Biochemistry*, found that the supplement helped improve specific metabolic markers, such as insulin resistance, which is a very common byproduct of eating a diet of processed food.

Athletes and fitness buffs are harnessing turmeric or curcumin to recover more rapidly and protect joints. And some believe that it enhances performance.

OSTEOARTHRITIS RELIEF

One study compared 2 gm daily of curcumin with 800 mg daily of ibuprofen among 107 people with osteoarthritis in the knee. Both groups saw equal improvement in symptoms at all points during a six-week period. The study, which was published in *The Journal of Alternative and Complementary Medicine*, concluded that compared to the drug, curcumin was "similarly efficacious and safe."

Another study tested a patented formula, Curcumin C3 Complex with BioPerine (a black pepper extract), in a group of 40 people with mild to moderate knee osteoarthritis. Compared to those who took a placebo, participants who took a 500 mg dose, three times per day, of the supplement experienced significantly reduced pain and

improved knee function. The study, published in *Phytotherapy Research*, concluded that curcumin is a "safe and effective alternative treatment" for osteoarthritis.

Other proprietary forms of curcumin that have been tested and found effective for osteoarthritis relief include Meriva, BCM-95, and Theracurmin.

PROMISE FOR CANCER

Many lab and animal studies, and some preliminary human trials, have shown that curcumin has anticancer properties as well. A pilot study at UCLA's Jonsson Comprehensive Cancer Center found that curcumin suppresses the growth of head and neck cancer tumors. Researchers gave either 1,000 mg of

The antiinflammatory
nature of
curcumin has
been documented
in more than 3,000
published articles.



THE INDIAN HEMP & HAITIAN VETIVER COLLECTION

HUMBLE BEGINNINGS

We got our start as street vendors in Harlem. Fresh out of college and without jobs, we set out to bring the healing traditions of African Black Soap and Shea Butter to the community we loved. Today, Nubian Heritage offers hundreds of culturally authentic all-natural products inspired by global ancient healing philosophies.

WHAT WE STAND FOR

For over two decades, we've gathered traditional healing practices from around the globe and remixed them into 21st century wellness solutions. We are dedicated to alleviating poverty in the communities that make up our supply chain. We strive to make wellness accessible and available across our communities.

HERITAGE

Cultivated in China as early as 4000 BC, Hemp has had a long history of use for food and skincare. Vetiver, known in Asia as the "Oil of Tranquility," is used in tropical communities to create calming, soothing remedies. Nutrient-rich Neem oil forms the foundation of Ayurveda, the Ancient Indian Practice of healing. This line combines the protective and rejuvenating qualities of Hemp Seed Oil—rich in Omega-3 and Omega-6 fatty acids with Neem Oil and fragrant Vetiver.

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curcumin in chewable tablets, or a placebo, to 21 patients with such cancer. One hour later, they tested saliva for inflammatory and cancer markers. The only side effect was that people's teeth and mouths turned yellow after taking the chewables.

"The curcumin had a significant inhibitory effect, blocking two different drivers of head and neck cancer growth," said Marilene Wang, MD, senior author of the study, adding that curcumin could be combined with other treatments, such as chemotherapy and radiation, to treat these cancers.

Wang also sees broader application for curcumin. "It could perhaps be given to patients at high risk for developing head and neck cancers—smokers, those who chew tobacco, and people with the HPV virus—as well as to patients with previous oral cancers to fight recurrence."

HOW TO BENEFIT

Supplements: Both turmeric and curcumin are available as individual supplements, in formulas for specific benefits (such as joint health or pain relief), and in some multivitamins. Since formulations differ, follow product directions for your specific needs. Proprietary forms of curcumin include BCM-95, Curcumin C3 Complex, Meriva, and Theracurmin.

Tea: Turmeric is also found in teas, sometimes blended with other herbs (try Numi Organic Tea's new line of Turmeric teas). Or make your own: Add ¼ teaspoon of turmeric powder per cup of boiling water, and simmer for another 10 minutes. Strain and serve, with stevia or honey if you prefer. Try adding ginger, which complements turmeric well.

Contributing editor **Vera Tweed** has been writing about nutrition, fitness, and healthy living since 1997. For more information, visit veratweed.com.

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Orange Creamsicle

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- 6 oz water
- 1/2 tsp vanilla extract



Coco Cocktail

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Following are two common causes for incontinence, says Guido Masé, herbalist, educator, and author of *The Wild*Medicine Solution, along with top herbal is due to remedies:

the past year.

Lax Muscles—Sphincter muscles can become lax, from pregnancy or age. Herbs with astringent qualities can help restore muscular tone. Masé recommends either of these herbs in extracts or capsules, rather than teas, to avoid taking in too much fluid.

- PRED RASPBERRY LEAF: This herb is safe enough to use during pregnancy. It is traditionally used as a tonic during pregnancy, especially in the third trimester to help decrease postpartum hemorrhaging and vaginal tissue stretching. It can also be used by women as a remedy for incontinence.
- LADY'S MANTLE: Another tonic for incontinence and vaginal bleeding, this one is traditionally used after childbirth, but not during pregnancy. Masé recommends it for older women experiencing incontinence.

Stress and Urge Incontinence—Stress incontinence is triggered by movements such as coughing, laughing, or sneezing. It is best addressed by working with a physical therapist who specializes in pelvic

floor rehabilitation, such as with Kegel exercises. Urge incontinence is due to contraction of bladder muscles.

CRAMP BARK: Take cramp bark to relax bladder muscles.

HOW TO USE INCONTINENCE REMEDIES

• Red Raspberry Leaf (to tone lax sphincter muscles): Take 1 tsp. liquid extract twice daily, or 1,500 mg in capsules, twice daily. (Safe during pregnancy.)

- **Lady's Mantle** (to tone lax sphincter muscles): Take 1 tsp. liquid extract twice daily, or 1,500 mg in capsules, twice daily. (Do not take during pregnancy.)
- ▶ **Cramp Bark** (to calm stress-induced incontinence): Take $\frac{1}{2}$ tsp. of an extract, 3-4 times daily, or in capsules, 500 mg, 3-4 times daily. An extract works faster than capsules.

link to vitamin D

A 2010 study published in *Obstetrics & Gynecology* found that women whose vitamin D levels were in the normal range were less likely to experience incontinence and other pelvic floor disorders.





ECLECTIC INSTITUTE Cramp Bark comes from an organic farm and uses a sugar-cane alcohol base over potentially allergenic grain alcohol.



ECLECTIC INSTITUTE Lady's Mantle contains only dried, wildcrafted whole-plant extracts, organic sugar-cane alcohol. and filtered



NATURE'S ANSWER Red Raspberry is made using a carefully controlled extraction process to deliver the full spectrum of the herb's active constituents.

Contributing editor **Vera Tweed** has been writing about nutrition, fitness, and healthy living since 1997. For more information, visit veratweed.com.

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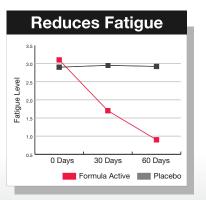
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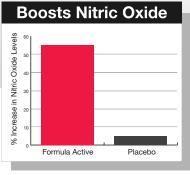
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ARE YOU HYPOTHYROID?

Know the symptoms, how to test, and supplements that can help

HYPOTHYROIDISM REFERS TO BELOW-NOR-

mal activity of the thyroid gland. Located in the neck, the thyroid regulates your metabolism—that is, how efficiently you burn food for energy—and maintains your body temperature. It secretes several hormones, of which T3 (triiodothyronine) and T4 (thyroxine) are the most important. A normal thyroid gland converts T4 to T3.

SYMPTOMS

The most common symptoms of hyperthyroidism include feeling tired a lot, gaining weight, having cold hands and feet, hair loss, dry skin, reduced sex drive, and depression. Middle-aged women are affected by this disorder more than any other group. Hashimoto's thyroiditis, an autoimmune disease, is the most common cause of hypothyroidism.

GETTING TESTED

Most doctors test for only T4 and thyroidstimulating hormone (TSH). Instead, ask your doctor to test for "free T3" and "free T4." Your T4 may be normal, but if your T3 is low or low-normal, you are not efficiently converting T4 to T3.

SELF-TESTING

Immediately on waking, slip an oral glass thermometer in the fold of your armpit for 10 minutes. Write down the temperature, and do this for three days in a row. Add all of the temperatures, and then divide by three to obtain an average. If your average temperature is 97.7 degrees or less, you are probably hypothyroid. Don't do this test during your period or when you're ovulating because your body temperature will be higher at these times.

THE CAUSE

Aside from Hashimoto's thyroiditis, deficiencies of several nutrients can impact thyroid function.

CONVENTIONAL TREATMENTS

The most common medical treatment is synthetic T4. Natural forms of T3 and T4, derived from porcine thyroid glands, are available by prescription.



SUPPLEMENTS

Several supplements can often help people with hypothyroidism.

- **SELENIUM.** The body uses selenium to make deiodinases, enzymes that convert T4 to T3. In a two-year study, researchers at the U.S. Department of Agriculture found that taking 200 mcg of supplemental selenium increased T3 levels in men and T4 levels in women. A separate study, conducted in Europe, showed that 200 mcg of selenium daily reduced antibodies and improved mood and well-being in people with Hashimoto's thyroiditis. **Try:** 200 mcg of selenium. Never take
- **Try:** 200 mcg of selenium. Never take more than 400 mcg daily without specific guidance from your physician.
- **IODINE.** T3 contains three atoms of iodine and T4 contains four atoms of the mineral. Multivitamins and kelp supplements contain enough iodine for prevention, but not to help normalize low thyroid function. **Try:** 1,000 to 5,000 mcg of iodine, for at least a couple of months before reducing the amount.
- L-TYROSINE. This nutrient forms the chemical basis of your thyroid hormones. Try: 500 mg of L-tyrosine immediately on waking, about 10 to 15 minutes before consuming any food or liquid other than water. Stop taking L-tyrosine if you have an unsafe increase in blood pressure.
- VITAMIN D. It's not clear whether low vitamin D is a cause of hypothyroidism. However, research shows that vitamin D deficiency is present in 92 percent of patients with Hashimoto's thyroiditis. Try: taking 5,000 IU daily of vitamin D.
- **MULTIVITAMIN/MULTIMINERAL.** A multivitamin/mineral supplement guards against micronutrient deficiencies. Vitamins B6 and B12, zinc, chromium, and iron all play roles in normal thyroid function.
- **GLANDULAR SUPPLEMENTS.** Some glandular supplements contain thyroid



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tissue that has been obtained from bovine sources. These products are available without a prescription, but are best taken under the guidance of a physician.

EATING TIPS

Seafood and seaweed contain large amounts of iodine, and brazil nuts are the richest natural source of selenium. All animal proteins contain L-tyrosine. It's important to avoid foods containing goitrogens, substances that interfere with normal thyroid activity. These foods include cruciferous vegetables, soy, pine nuts, peanuts, and millet. Cooking usually inactivates goitrogens.



Jack Challem, aka "The Nutrition Reporter," is the best-selling author of more than 20 books on health and nutrition, including The Inflammation Syndrome. Visit him on the Web at nutritionreporter.com.

is adrenal exhaustion the problem?

It's sometimes difficult to distinguish the symptoms of "preclinical" adrenal exhaustion from hypothyroidism. Adrenal exhaustion is characterized by abnormally low levels of cortisol, a hormone that buffers us against stress. Under prolonged stress, cortisol levels rise; adrenal exhaustion occurs when the body can no longer make enough of this hormone. Vitamin C and the B-complex vitamins, particularly pantothenic acid, are needed to make cortisol. Whole licorice root extract contains glycyrrhizin that blocks the body's breakdown of cortisol so normal levels of the hormone can be restored.

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^{**} Bohbot J. The Gynaecologist's and Obstetrician's Journal 2007. Special Issue from the CCD Laboratory.



^{*} McMurdo M.E.T., et al. Journal of Antimicrobial Chemotherapy 2009; 63(2): 389-395

TOP THREE HERBS FOR WOMEN

These herbal multitaskers help to ease hormonal issues from PMS to symptoms of menopause

MANY WOMEN HAVE DISCOVERED THAT

herbal remedies can combat monthly misery from premenstrual syndrome (PMS) and ease the discomforts of menopause. And considering the risk of conventional treatments such as hormone therapies and antidepressants, safe and effective supplements are certainly worth a look.

While basic lifestyle strategies such as good nutrition, getting enough sleep, and stress management go without saying, herbal remedies can tip the balance. Here are three herbs I believe every woman should have in her medicine cabinet.

DONG QUAI (ANGELICA SINENSIS)

Dong quai, the Chinese "queen of herbs," also bears the moniker "female ginseng." This herb is a favorite in the repertoire of Chinese herbalists, and is often used to treat female hormone imbalances. Although modern Western practitioners often recommend dong quai as a treatment for PMS, as well as for menstrual cramps and symptoms related to menopause, it is not commonly used this way in Chinese medicine. Instead, it is used along with other herbs to create a highly individualized treatment, often in combination with peony root or bupleurum root. These herbal combinations are used to treat PMS, menstrual pain, fibrocystic breast disease, and pelvic inflammatory disease. A 2014 study showed promising results for dong quai extract in osteoporosis.

Use 2 grams of dong quai per day in capsules.

CHASTEBERRY (VITEX AGNUS-CASTUS)

The herb chasteberry is a widely used European treatment for PMS symptoms, and is especially effective for breast tenderness. Chasteberry's use in modern herbal medicine began in the 1950s, when a German pharmaceutical firm produced a standardized extract, and it has become a mainline European treatment for PMS.

The basic indication for this herb is to treat progesterone deficiency, or said another way, estrogen excess. Chasteberry is believed to work by suppressing the release of the hormone prolactin from the pituitary gland. Prolactin may play a role in cyclic breast pain and tenderness connected with PMS. Chasteberry also appears to be sedative and antispasmodic.

In one study comparing the efficacy of chasteberry with a placebo, women suffering from PMS symptoms such as breast tenderness, abdominal bloating, and migraines experienced a 40 percent reduction of symptoms compared to 10 percent in the women taking a placebo. Another placebo-controlled study of 178 women found that treatment with chasteberry taken over three menstrual cycles significantly reduced PMS symptoms. Women in the chasteberry group experienced significant improvements in symptoms, including irritability, depression, headache, and breast tenderness, and more than double the response of women in the placebo group.

No single constituent has been identified as being the active one, as chasteberry contains mainly constituents also found in other plants. The total sum of constituents appears to generate a synergistic effect. Because it lowers prolactin levels, which are naturally elevated in pregnant and nursing women in order to stimulate milk production, chasteberry is not suitable for pregnant or nursing mothers.

Use 2 grams per day in capsules.



regulate the menstrual cycle or treat PMS almost always center on bupleurum. The main action of this herb is to relieve blood stagnation in the liver. In women, liver stagnation can cause menstrual cramps, breast swelling, irregular menstrual flow, irritability, and food cravings, according to traditional Chinese medicine. Numerous recent studies have found beneficial effects for the liver and have supported the herb's immunomodulatory, anti-inflammatory, and antiviral properties. Because bupleurum is relaxing, it can be helpful in PMS with anxiety and irritability. Its liver-supportive qualities help to reduce sugar cravings, a common PMS symptom. According to traditional Chinese medicine, the "energy" of bupleurum is "bitter and cool," so it is particularly good in women who are always hot or who have a fever.

The classic bupleurum patient is a woman who is hot or feverish (maybe with chills), irritable, nauseated, and dizzy, with menstrual pain, high cholesterol, and a tight, sore chest. Bupleurum is sometimes combined with dong quai.

Use 2 grams per day in capsules.

Karta Purkh Singh Khalsa, DN-C, RH, who specializes in Ayurveda and herbalism, has more than 40 years of experience in holistic medicine. His website is kpkhalsa.com.



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COOKING OIL MYTHS, BUSTED



What is the healthiest cooking oil?

- M. BELLUCCI, ATLANTA

I'VE SPENT A LARGE PORTION OF MY CAREER

fighting the wrongful demonization of dietary fat, trying to set the record straight, and to reclaim respectability for fat in general, saturated fat in particular, and—most importantly—cholesterol. Now it's time to take on the whole area of cooking oils.

The subject of dietary fat and the subject of cooking oils overlap—but it's not the same subject. While all cooking oils are made from fat, they have specific properties of their own—how they stand up to heat, for openers. And there's a lot of misinformation about the best way to use cooking oils so as to get maximum benefit from them.

And there are a lot of myths. Two of the most common: Extra virgin olive oil is the best stuff ever ... you should use it for everything! Coconut oil is a fantastic cooking oil—its saturated fat stands up to high heat beautifully!

Well, if you're an informed health consumer, you've probably heard those statements, and you probably even agree with them. I don't blame you. Those ideas are deeply embedded in what's now called "the health space," meaning places where people talk about, read about, tweet about, discuss, and debate what's healthy and what's not.

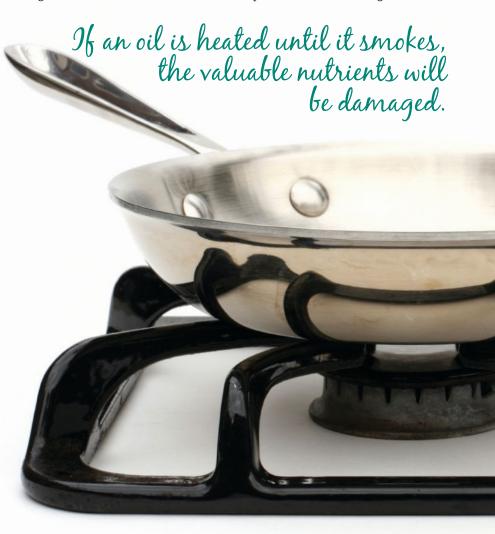
The problem is they're not true. Or at least they're not completely true. Because with cooking oils, the devil is truly in the details. And you simply can't have a serious discussion about healthy cooking oils without including one absolutely critical detail that no one seems to ever talk about—temperature.

Take extra virgin olive oil, for example, everybody's poster child for the best oil

ever. Extra virgin olive oil is made by simply crushing olives and extracting the juice. It's made without a hint of chemicals and industrial refinement, and under temperature that will not degrade the oil (i.e., less than 86°F). People pay a lot more money for extra virgin olive oil, and then proceed to use it for all their cooking needs.

Big mistake. Think about it. Why did you pay such a high premium for extra virgin in the first place? It was to get all those spectacularly healthy olive polyphenols, in virgin condition, undamaged by heat or chemicals. So why in the world would you take this delicate, carefully prepared oil, just dripping with delicate compounds that you paid a lot of money for, and then heat it to a high temperature, which is basically guaranteed to destroy most of what you paid for? Doesn't make much sense, does it?

Cooks and chefs have a term for the temperature at which oils begin to be





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Use the right oil, and use it at the right temperature!



damaged—it's called a smoke point. If an oil is heated until it smokes, the valuable nutrients will be damaged. Worse, the oil itself becomes harmful to ingest. If you take a healthy fat—for example, extra virgin olive oil or unrefined coconut oil—and cook it past its appropriate temperature tolerance, you've just taken a smart fat and made it into a dumb one.

So pay attention to the temperature guide below, and never use an oil at a temperature that causes it to smoke. (Don't go nuts around this, though—if you happen to accidentally burn an oil from time to time, just take the pan off the heat, wipe the pan with a paper towel, and start over.)

I suggest you choose 1 – 2 oils you can use for high-heat cooking—like avocado, pecan, extra-light olive oil, or ghee—and let these be your staples for high-heat cooking. Medium-high-heat oils are the ones you'll probably cook with most of the time. They're great for browning meat or poultry, or for cooking vegetables. Good choices: virgin olive oil (not extra virgin), almond oil, hazelnut oil, and macadamia nut oil.

You should probably also choose 1 – 2 medium-heat oils for when you don't heat a pan past medium heat. Good example: nutrient-rich, unrefined coconut oil and sesame seed oil.

More nutrient-rich oils, like extra virgin olive oil, are wonderful for drizzling on foods or for salad dressings. High-lignan flaxseed oil can be used for drizzling or for salad dressings (but never for cooking). Other oils that work well for this purpose—oils that can be used for dressings or sprinkled on dishes for extra flavor after they have been cooked—include sesame, pistachio, and walnut oils.

The bottom line: Use the right oil, and use it at the right temperature! That's just smart cooking. Use the oils listed here for cooking, depending on temperature.

COOKING HEAT, COOKING OILS, SMOKE POINTS*

COOKING HEATS (°F)	APPROPRIATE COOKING OILS	
High Heat, 450–650°	Avocado oil, Grapeseed oil, Pecan oil, Ghee (clarified butter), Extra-light Olive oil	
Medium-High Heat, 375–449°	Virgin Olive oil, Almond oil, Hazelnut oil, Refined Walnut oil, Macadamia Nut oil, Refined Coconut oil	
Medium Heat, 324–374°	Extra Virgin Olive oil, Lard, Butter, Unrefined coconut oil	
Medium-Low Heat, 250-324°	Unrefined Sesame Seed oil, Unrefined Walnut oil	
Low Heat, 225–249°	Pistachio oil	
OIL	SMOKE POINTS (°F)	MAXIMUM COOKING TEMP
Almond oil	430°	Medium-high
Avocado oil	520°	High
Avocado oil, virgin	400°	Medium
Butter	350°	Medium
Butter, clarified	485°	High
Coconut oil, refined	400°	Medium-high
Coconut oil, unrefined	350°	Medium
Grapeseed oil	485°	High
Hazelnut oil	430°	Medium-high
Lard	380°	Medium
Macadamia Nut oil	400°	Medium-high
Olive oil, virgin	420°	Medium-high
Olive oil, extra virgin	400°	Medium
Olive oil, extra light	470°	High
Pecan oil	470°	High
Pistachio oil	250°	Low
Sesame oil, unrefined	350°	Medium-low
Walnut oil, refined	400°	Medium-high
Walnut oil, unrefined	320°	Medium-low

^{*}Table adapted from the forthcoming book, Smart Fat: Eat More Fat, Lose More Weight, Get Healthy Now! by Jonny Bowden, CNS, and Steven Masley, MD.



Jonny Bowden, PhD, CNS, aka "the Rogue Nutritionist," is the author, with cardiologist Stephen Sinatra, MD, of The Great Cholesterol Myth. His program "Unleash Your Thin" can help you conquer cravings and food addictions and is available at jonnybowden.com. Visit him at jonnybowden.com and follow him on Twitter @jonnybowden. Do you have a health question for Jonny? Send it to amazingwellnessmag@gmail.com. Write "Health Q&A" in the subject line.



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7 WAYS TO BOOST YOUR ENERGY

Many of us are looking for energy in all the wrong places. Discover the real secrets to vitality

BY JOHNNY BOWDEN, PhD, CNS





SUPPORT YOUR LIVER

You can help your liver do its job more effectively—and boost your energy in the bargain—by taking a daily dose of an herb called milk thistle. Also, eat liver-supporting vegetables, such as carrots, beets, beet greens, garlic, artichokes, and burdock and dandelion roots. I consider the liver the most misunderstood and underappreciated organ in the human body; when it's not working correctly, your energy level is the first thing to suffer. Giving the liver all the nutrients it needs to perform its daily tasks is one of the most important things you can do to boost your energy.

2 "The sun gives you strength, lifts your spirits, and is a source of energy," says my friend Al Sears, MD, author of Your Best Health Under the Sun. Like a growing body of health experts, Sears thinks we've become so sun phobic that we're missing out on the myriad mood-boosting and energy-enhancing benefits that the sunshine vitamin has to offer.

DISCONNECT FOR A DAY

One of the great energy drainers of the 21st century is information overload. We're deluged with stuff coming at use-mails, RSS feeds, blogs, social networking sites, TV, smartphones—you get the picture. Knowledge may be power, but information overload is just ... well, noise. Try a media-free day, and feel your own energy accumulate rather than letting it dissipate as you attend to millions of distractions, most of which—when you think about it-won't make much difference in the long run anyway. (If you find the idea of disconnecting for a day is a frightening thought, you are exactly the person who needs to do it the most!)

TRY THE "NO-FRILLS, NO-EXCUSES, ANYTIME-ANYWHERE" WORKOUT

We all know that exercise helps with energy—at least I hope we do—but when it comes to working out, time remains a big obstacle for many people. Here's my own "no-excuses" low-tech workout that you can do just about anywhere in as little

as 15 or 20 minutes for an amazing boost in energy: 1) run a mile; 2) do some squats; 3) do some push-ups; 4) do some crunches; 5) stretch. After that, go about your business refreshed and energized. And if you can't go out and run the mile, do some jumping jacks in your office.

REVIVE YOUR CHI

Acupuncture is based on the precepts of traditional Chinese medicine—that the body and mind are inextricably linked; that vital energy (chi or qi) regulates a person's spiritual, mental, and physical health; and that each of us is a delicate balance of opposing and inseparable forces—yin and yang. When that balance is disrupted, vital energy becomes blocked or weakened. When our chi is at optimal levels and flowing smoothly, we're ready to take on the world—spiritually, emotionally, mentally, and physically—we're strong, healthy, and energized. One terrific way to balance that energy is through acupuncture.

6 UNCLUTTER AND DEEP-SIX THE ENERGY DRAIN

Here's a rule I've found to be a universal truth: your energy has a perfect inverse relationship to the accumulation of stuff you don't need. The more stuff you have cluttering up your life, the less energy you have. Believe it or not, the condition of your closets, desk, office, and living space actually reflects a lot of what's going on in your head. If you take time to organize and unclutter, you'll be freeing up a lot of psychic space, and that can really turbocharge your energy.

TAKE THE RIGHT SUPPLEMENTS

While supplements don't really "give" you energy, they can correct metabolic issues that are draining it. They can also speed certain pathways that are nutrient-dependent and get sluggish when those nutrients are in short supply. At the very least, take a good, high-potency multiple vitamin/mineral. See p. 44 – 46 for a round-up of top energizing supplements.



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Supplements sold as energy enhancers are a mixed bag. Some are downright dangerous, with potentially harmful levels of ephedra or bitter orange (citrus aurantium). Some are just useless. Some actually work. And some may help close some nutritional gaps which, in turn, can clear the way for metabolic pathways to work more smoothly, resulting in more energy and well-being in general. Here are some of the top contenders in the energy supplement marketplace.

COENZYME Q10

Your body needs optimal CoQ10 for energy production. CoQ10 has the ability to increase the production of something called ATP—adenosine triphosphate—also known as the body's "energy molecule." Karl Folkers, an early CoQ10 researcher, noted that a reduction of CoQ10 levels in the body by just 25 percent (to 75 percent of optimal) may cause illness, while falling by 75 percent (to 25 percent of optimal) could cause death.

L- CARNITINE

Carnitine acts like a shuttle bus that transports fatty acids into the part of the cell where they can be burned for energy—no carnitine, no energy production. Carnitine

is found in any appreciable degree only in animal products, and strict vegetarians or vegans may ingest as little as 1 mg a day. In conditions when fatigue and low energy are issues, supplemental carnitine may help a lot.

Ribose is a component of ATP (adenosine triphosphate), the "energy molecule" of the cell. It's critical for metabolism. In one pilot study in the Journal of Alternative and Complementary Medicine, 41 patients with chronic fatigue syndrome, fibromyalgia, or both were given 5 grams of D-ribose three times a day for 25 days. By the end of the study, the participants reported significant improvements in feelings of well-being,

sleep patterns, mental clarity, and energy. The average energy increase was 45 percent, while about two-thirds of the people reported feeling "somewhat better to much better" while taking the D-ribose supplements.

It's likely that D-ribose may help with general fatigue. I recommend starting with 5-10 grams a day (one slightly rounded Tbs. of powder), in two divided doses ($\frac{1}{2}$ to 1 Tbs. each).

EGCG

I'm a huge fan of tea for both its health properties and as an energy drink in general. And while all tea is great, one particular compound in green tea—called epigallocatechin gallate, or EGCG for short—has been



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isolated and is available as a supplement. EGCG sparks a process in the body known as thermogenesis, or heat production (thermo means "heat," genesis means "making new"). You may know the process of thermogenesis by it's more common term, "fat burning." And sure enough, EGCG has been found to be of great interest to those on a weight management program for the same reason it may help you with your energy.

B COMPLEX

All the B vitamins have important functions in the body, and some—like thiamin (B1) and riboflavin (B2)—are critical for normal energy production in human cells. In one 1997 study done in Wales, healthy women who took B1 supplements had faster reaction times and reported feeling more clearheaded and energetic than before.

The Bs are eaten up during stress. That's yet another reason why many people feel so much better supplementing with B complex. Even the popular media seem to have caught on to this. An article in a 2003 issue of Psychology Today was appropriately titled "Vitamin B: A Key to Energy" and subtitled "To fight fatigue, irritability, and poor concentration, power up with B vitamins."

VITAMIN D

Vitamin D is another of those vitamins that can help plug holes, so to speak. If you've got enough vitamin D in your system, taking more won't necessarily make you faster or stronger, or give you the energy to run a marathon. The problem is, many people are very far from having enough of it. Some studies show that over 70 percent of people have less-than-optimal vitamin D levels in their blood. And when you don't have enough of it, it can cost you dearly in terms of energy, health, and physical performance.

ASHWAGANDHA

Ashwagandha (withania somnifera) is an herb commonly used in Ayruvedic medicine that is believed to increase longevity and

health. Ashwagandha has been used in traditional herbal medicine for over 2,000 years mainly as a "vitalizer" or "energizer" of the body. Conversely, it seems to have a noticeable "antistress" effect, which makes sense considering so many people use ashwagandha for relaxation, too.

•••••

PANAX GINSENG

Panax ginseng—which includes both the American ginseng (Panax quinquefolium), and the Asian ginseng, (Panax ginseng)—is probably one of the most investigated plants in the world for its medicinal uses. The term "panax" actually means "allheal" in Greek. [Note: "Siberian ginseng" (Eleutherococcus senticosus) is actually not ginseng at all, but a different adaptogen with entirely different active ingredients.]

In Eastern medicine ginseng roots are prized for their ability to treat tiredness and fatigue. In fact, a common

side effect is the inability to sleep, which should tell you something! The researchers on one study said that the data suggest that "Panax ginseng can improve performance and subjective feelings of mental fatigue during sustained mental activity."

RHODIOLA

Rhodiola is another herb with a pretty strong resume of published research documenting its ability to fight fatigue, improve reaction time, improve attention, and reduce stress. In Russia it has been used for hundreds of years specifically to help cope with the harsh Siberian climate, and is said to have been used by the Vikings as well.

Rhodiola has very low toxicity and

extremely low occurrences of side effects. According to the Physicians Desk Reference for Herbal Medicines, most users find that it improves their mood, energy, and mental clarity. For that reason, you shouldn't take it at night, since it can

easily disrupt sleep. A good

dose to start with is 50-200 mg a day.

PRODUCT RECOMMENDATIONS



CELSIUS Peach Mango Green Tea is a great drink before a workout-it includes FGCG and B vitamins, and has been shown in studies to boost endurance, Plus.

it's sugar-free.



DR. MERCOLA Ubiquinol 100 mg contains a reduced form of CoQ10 that is highly bioavailable. Fans say it helps give them increased energy and mental clarity.



GARDEN OF LIFE Vitamin Code Raw B-Complex delivers a full spectrum of raw, food-created B vitamins that are easily recognized and utilized by the body.



PARADISE HERBS Dual Action Rhodiola provides whole-herb extracts from two rhodiola species shown in studies to enhance endurance and vitality.



RAINBOW LIGHT Sunny Gummies Vitamin D3 1,000 IU provide vitamin D3 in a supertasty chew free of artificial colors and sweetened with organic cane sugar

Jonny Bowden, PhD, CNS, is a nationally known expert on weight loss, nutrition, and health. He is a board-certified nutrition specialist. life coach, motivational speaker, and former personal trainer with six national certifications. Bowden, who has a master's degree in psychology, is the author of The 150 Most Effective Ways to Boost Your Energy, and other books. To learn more, visit jonnybowden.com



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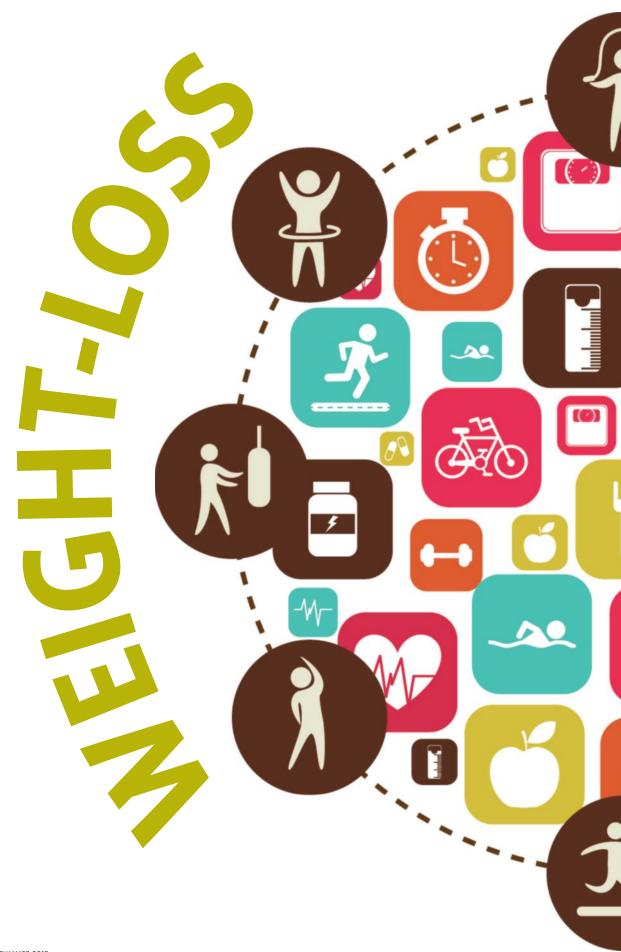
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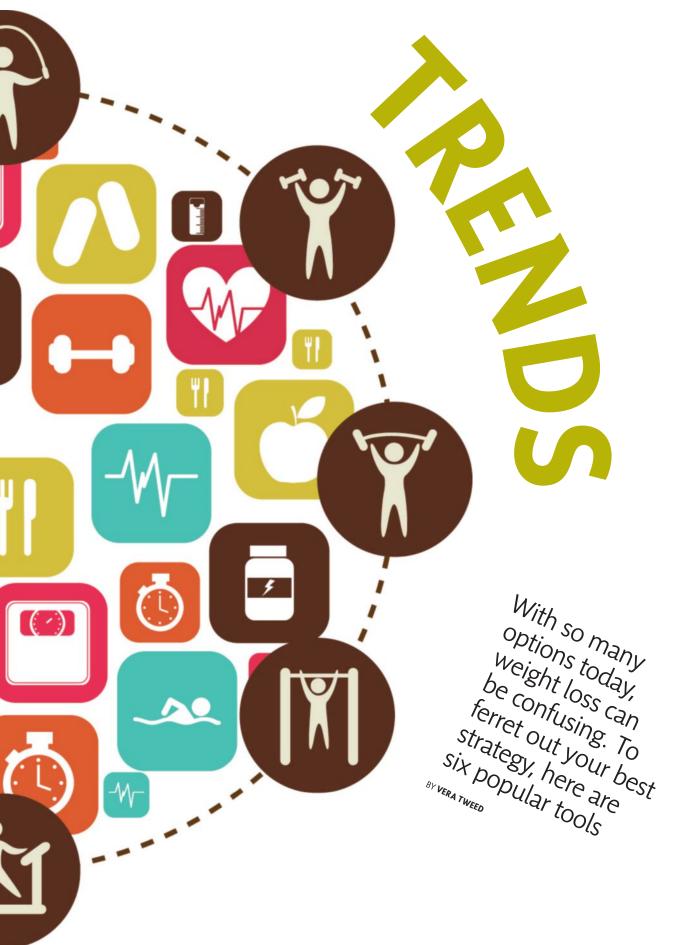
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PROTEIN

"Protein powders are a fantastic way to augment your diet, whether you are trying to lose weight or just hold your ground," says Joe Colella, MD, author of The Appetite Solution. When you eat less, he says, protein is the key ingredient for preventing your body from going into starvation mode. which blocks weight loss. It also helps to counteract appetiteboosting effects of stress, lack of sleep, heartburn, anxiety, and depression.

"Protein powders allow you to relatively easily boost the total grams of protein in your diet," says Colella, "which is the absolute most important key to overcoming a weight-loss plateau." When cutting back on calories, he recommends getting 1.5 grams of protein daily per pound of your desired body weight. For example: 180 grams for a 120-pound weight goal

Look for products with up to 40 grams of protein and fewer than 5 grams of sugar per serving. "Use them as a lunch or dinner replacement every other day, and on the days that you are not replacing a meal, add them in as a premeal snack," says Colella. "Your appetite will be under more control than ever before."

WHOLE30 PROGRAM

Six years old and continuing to attract many more fans, the Whole30 way of eating has helped thousands of people to lose weight and get healthier. It's a strict, 30-day program that's basically pure paleo, with no wiggle room for slips or cheats. That's a key reason for its success, because it eliminates common inflammatory foods and ingredients that wreak havoc, even if eaten in very small quantities, such as a lick of cookie batter or a bite of bread.

For 30 days, these must be avoided:

When you eat less, protein is the key ingredient for preventing your body from going into starvation mode. which blocks

> **All added sugars**, even if they're calorie-free and natural (even stevia is a no-no), and condiments with added sugar, which includes some vinegars. Fruit juice may be used as a sweetener.

weight loss.

- All alcohol, even when it's only used for cooking.
- **Grains**, including gluten-free varieties and pseudo-grain alternatives, such as quinoa.
- Legumes and legume-derived foods and condiments, including soy sauce and traditional soy foods (but green beans, sugar snap peas, and snow peas are allowed, because they are mainly pods, rather than beans).
- ▶ All dairy foods, except for clarified butter, or ghee.

However, there are plenty of delicious foods to eat, with recipes and other information online, and in more than a dozen Whole30 books.

ONLINE:

Whole30.com

NO EXCUSES

Beginning with a photo of an über-fit mom going viral, the No Excuses movement has grown to more

than 350 groups of moms in 25 countries, who get together

- for regular workouts and mutual empowerment for better health and fitness. Founder Maria Kang, author of The No More Excuses Diet, explains it this way: "It works because it isn't a cookie-cutter, generic program that insists that one size fits all. It focuses on balance, progression, reflection, and persistence." Obviously, excuses are out,
- and Kang's book and websites provide tools and inspiration to stay motivated, overcome obstacles, and reach your own goals. The No Excuses organization is a nonprofit, and there are no fees to join or start a group in your area, although you can also do the program on your own.

Key No Excuses principles: It takes three days to bust an excuse, three weeks to develop a new eating habit, and three months to transform your body and health.

- To get inspired, informed, and join or start a moms' group in your area: noexcusemom.com
- For more tools and to find or start groups for dads, women, runners, or kids: mariakang.com

CROSSFIT

Although it may seem like an extreme workout for the fitness obsessed. Cross-Fit—done correctly—can be a safe and effective weight-loss tool for virtually anyone. "It has to be individualized," says Holly Lucille, ND, who is both a naturopathic doctor and a CrossFit coach and athlete. "It can't be cookie-cutter CrossFit or people can get hurt."



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To start, Lucille recommends checking out nearby CrossFit "boxes" (the name for its gyms), talking to each owner or manager, communicating your goals and fitness history, and finding out how you can adapt workouts to your fitness level. All boxes, and the CrossFit site, feature a Workout of the Day (WOD), but some may also have additional types of classes. After finding a box that suits you, be patient and consistent, and listen to your own body.

CrossFit can be an ideal workout because it offers a continually changing variety of exercises that challenge your body. "Sometimes you're working on strength, sometimes on endurance, and sometimes on flexibility," says Lucille.

To reduce delayed-onset muscle soreness, Lucille recommends taking 100 mg daily of CoQ10, branched chain amino acids, and curcumin, such as 500 mg of BCM-95, a proprietary form.

ONLINE:

CrossFit.com

SUPPLEMENTS

When used with a diet and exercise program, supplements can enhance results in different ways. These popular ones don't stimulate the central nervous system or cause jitters.

 GARCINIA CAMBOGIA: A tamarind fruit used in Indian chutneys, it contains an active ingredient—hydroxycitric acid, or HCA—which reduces appetite and impedes conversion of sugars and carbohydrates info fat. Super Citrimax is a patented form, tested in several studies. Take 500 – 1,000 mg, three times daily on an empty stomach, 30 to 60 minutes before each meal.

CONJUGATED LINOLEIC ACID (CLA): It

blocks an enzyme, lipoprotein lipase, which converts food fat into body fat. and is most effective in conjunction with exercise. Tonalin CLA is a proprietary form tested in multiple studies. Take 1.7 to 3 grams daily, with meals.

- **7-KETO:** Made by our bodies, 7-keto production declines with age. Although it is not a stimulant, studies show that 7-keto increases basal metabolism—the number of calories a body burns in the normal course of staying alive. Take 100 mg twice daily, morning and evening.
- **▶ GREEN COFFEE EXTRACT:** Unroasted, green coffee beans contain chlorogenic acids, which slow absorption of carbs, sugar, and possibly fat, and inhibit an enzyme used by the liver to form blood sugar. Take 350 to 400 mg, 30 minutes before each meal (3 times per day), with a glass of water.

POTATO PROTEIN EXTRACT: A newer addition to natural weight-loss aids, potato protein extract (made under the proprietary name Slendesta) works by helping you feel full sooner—and for a longer period of time during and after meals. The supplement appears to help boost the body's release of CCK, a compound that tells the brain that food has been eaten. It's a stimulant-free ingredient that is made from potatoes using a water-based process. It's also said to be relatively free of side effects—no jitters, bloating, difficulty sleeping, etc.

FITNESS APPS

Smartphones, wearable fitness trackers, and smart watches work with various apps to easily monitor food and activity, and slice and dice the information to help you make progress. Equally important, they can make it easy to become part of a community of like-minded people who provide encouragement, keep you accountable, and help you reach your goals.

After nearly a lifetime of earlier failures, Jory, now 56, used LoseIt!—a fitness app that works with any type of device—to lose 122 pounds and keep it off. "It has completely changed my life," she says. She especially appreciates no longer needing medications for high blood pressure, cholesterol, and blood sugar.

"It changed my way of looking at my calorie burn," she says. "And it motivates me to move more." By knowing her balance of calories in and out, she can adjust meals and activity to stay on track. Becoming involved in the LoseIt! online community has been a vital ingredient in her success. "You have the right tools," she says, "and people who will support you to keep going."

PRODUCT RECOMMENDATIONS



BETANCOURT NUTRITION Trim X3 Complete

features Slendesta, a potato protein extract that supports weight loss efforts and helps to rev up energy levels.



THE VITAMIN **SHOPPE Next** Step Tonalin CLA + Natural Caffeine 1,000 mg works to reduce

body fat, increase thermogenesis, and maintain lean muscle mass.



TOP SECRET NU-TRITION Garcinia Cambogia 60% HCA + White Kidney Bean Extract This dynamic duo works synergistical-

ly to curb appetite and promote and weight loss.



SOURCE NATURALS 7-Keto DHEA Metabolite is

formulated to increase the activity of thermogenic enzymes to boost metabolism and fend of fatigue.



GARDEN OF LIFE

RAW Fit includes two powerful weapons in the weight loss warraw sprouted plant protein (44 g per scoop) and green coffee extract.

POPULAR APPS FOR MOST DEVICES:

- LoseIt!, loseit.com
- My Fitness Pal, myfitnesspal.com
- Nudge, nudgeyourself.com

Amazing Wellness contributing editor **Vera Tweed** has been writing about nutrition, fitness, and healthy living since 1997. She specializes in covering research and expert knowledge that empowers people to lead better lives. Tweed lives in Los Angeles.



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inside out

hile there is considerable evidence that what we eat is a major factor in the development of internal cancers such as breast, prostate, colon, and lung cancer, there has been little focus on diet's role in skin cancer. The irony is that because of the skin's specialized role as a protective outer layer and its constant need for nutrients, the skin may be even more responsive to dietary strategies to reduce cancer risk than internal tissues. This may be especially true for the more serious forms of skin cancer; evidence shows that dietary factors can play a significant role in preventing these forms of the disease.



In fact, what we eat is extremely important to the health of our skin. It is critical to provide the skin with essential nutrients required for normal function and cell division—virtually every known nutrient is important. And research points to the Mediterranean diet as possibly the best diet for healthy skin and the prevention of skin cancer. This does not mean to simply eat more Italian food. The Mediterranean diet reflects food patterns in the early 1960s typical of Crete, parts of the rest of Greece, and southern Italy. The traditional Mediterranean diet has shown tremendous benefit in fighting heart disease and cancer, as well as diabetes. It has the following characteristics:

- It centers on an abundance of plant food, including fruit, vegetables, potatoes, beans, nuts, and seeds.
- Foods are minimally processed and there is a focus on seasonally fresh and locally grown foods.
- Fresh fruit is the typical daily dessert, with sweets containing concentrated sugars or honey consumed a few times per week at the most.
- Dairy products, principally cheese and yogurt, are consumed in low-tomoderate amounts.

- Fish is a consumed on a regular basis.
- Poultry and eggs are consumed in moderate amounts, about one to four times weekly.
- Red meat is consumed in small amounts.
- Olive oil is the principal source of fat.
- Wine is consumed in low-to-moderate amounts, normally with meals.

The two components of the Mediterranean diet that have received a lot of attention are red wine and olive oil. In terms of skin health, a particularly important component of the Mediterranean diet is the olive itself. Population-based studies have shown a negative correlation between the consumption of olives and wrinkle formation. In other words, a higher intake of olives is associated with fewer wrinkles. One of the key compounds in olives is verbascoside, a polyphenol molecule that is found in the fruit, but not in olive leaves. The polyphenols from olive fruit have also been shown to have good bioavailability and actually increase antioxidant defenses within the skin against sun damage.

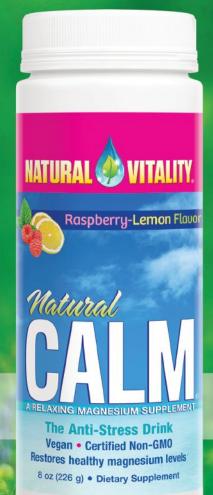
Other components in the Mediterranean diet are also important. In a study conducted in Rome, Italy, after controlling for smoking, sun exposure, skin pigmentation, and other factors, researchers found a protective effect for weekly consumption of fish rich in omega-3 fatty acids (50 percent reduced risk) and high consumption of vegetables (also a 50 percent reduced risk). Consumption of carrots, cruciferous and leafy vegetables, and citrus fruits was also associated with a near 50 percent reduction in risk. Other studies have shown that omega-3 fatty acid intake is inversely related to melanoma. In other words, higher intakes of omega-3 fatty acids are associated with a significant reduction in the risk of developing melanoma.

Dietary factors are not limited to those contained in the Mediterranean diet, however. Studies also indicate that green tea consumption is protective against skin cancer. The beneficial compounds are the polyphenols, similar to those found in olives.

SUPPLEMENTS FOR HEALTHY SKIN

A healthy diet is important, but so too is proper supplementation. New skin cells are born in the deepest level of the top layer of the skin (epidermis) and migrate upward. By the time they reach the surface they are no longer living. Each day you shed millions of these dead cells through washing or abrasion. As you

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slough them off, new cells rise to take their place. One of the reasons that the health of our cells is so closely tied to our overall nutritional status is this high rate of cellular turnover. Obviously, a deficiency of an essential nutrient, whether it is a vitamin, mineral, fatty acid, or protein, can result in impaired manufacture of healthy new skin cells and a greater susceptibility to damage or faulty repair.

My recommendations are to take a highpotency multiple vitamin and mineral formula to insure adequate intake of all essential micronutrients. I also recommend taking 1 tablespoon of flaxseed oil each day and enough of a high-quality fish oil to provide 1,000 mg EPA and DHA, the key omega-3 fatty acids.

Lastly, there is some evidence that low levels of vitamin D3 are linked to an increased risk for skin cancer. Taking a dosage of 2,000 - 5,000 IU per day is recommended to provide optimal D3 levels. The dosage level is based upon your typical exposure to sunlight on a large portion of your skin.

REDUCING RISK FACTORS

The primary prevention of any disease involves staying away from risk factors. In regard to skin cancer, here are the major risk factors:

- Too much exposure to ultraviolet (UV) radiation (from sunlight or tanning beds and lamps)
- Pale skin (easily sunburned, doesn't tan much or at all, natural red or blonde hair)
- Exposure of the skin to repeated or large amounts of carcinogens, including coal tar, paraffin, arsenic compounds, or solvents
- Family history of skin cancers
- Multiple or unusual moles
- Severe sunburns in the past
- Weakened immune system
- Older age

The last factor, older age, is something we can address through optimal nutrition,



Types of Skin Cancer

Skin cancer is by far the most common of all cancers. There are basically three major types: basal cell carcinoma, squamous cell carcinoma (together referred to as nonmelanoma skin cancer), and melanoma. The outer layer of the skin is made up of squamous cells. Basal cells are found below the squamous cells. Melanoma develops from melanocytes—pigment-producing cells located in the deepest layer of the skin.

About 3.5 million cases of basal and squamous cell skin cancer are diagnosed in the United States each year, while melanoma account for an additional 70,000-plus cases. Most basal and squamous cell cancers are superficial lesions that develop on sun-exposed areas of the skin, like the face, ears, neck, lips, and the backs of the hands. They usually do not spread if treated early. Melanoma is a cancer that begins in the melanocytes—the cells that make the brown skin pigment known as melanin, which gives the skin its color. Melanin helps protect the deeper layers of the skin from the harmful effects of the sun. One of the interesting things about melanomas is that they can start on nearly any part of the skin, even in places that are not normally exposed to the sun, and they can also start in other parts of the body, such as in the eyes or mouth.

If a melanoma is not treated early, it can spread to other parts of the body. It is responsible for nearly 10,000 of the more than 13,000 skin cancer deaths each year.

but only to a limited extent. As we age, the ability to repair damage to the skin is reduced because the cells are not being replaced by newer cells as rapidly. The typical skin cell turnover rate for a person

up to age 20 is roughly 14 days. At age 30, it takes an average of 24 days for cells to turn over and reveal younger, healthier skin. By age 50 it takes about a month and

Michael T. Murray, ND, the author of over 30 books on health nutrition, is widely regarded as one of the world's leading authorities on natural medicine. He is a graduate, former faculty member, and serves on the Board of Regents of Bastyr University in Seattle. For more information, go to doctormurray.com.

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TRAVEL



"The world is a book, and those who do not travel read only a page."

Saint Augustine

BY SHERRIE STRAUSFOGEL

Traveling can tax your body, especially as you get older. But a few natural secrets can keep you energized, healthy, and ready for new adventures.

ravel can be unkind to your body. As you age, jet lag may hit you harder, exposure to foreign germs may frighten you, and an exotic diet may make you queasy.

What's the key to carefree travels? Beyond following a few basic healthy habits-getting enough rest, drinking plenty of water, eating wisely, and doing some form of exercise—there are several natural solutions that can give you a leg up on traveling, leaving you refreshed and able to enjoy any vacation or business trip to the fullest.

TRAVEL HAZARD: POOR LEG CIRCULATION

One of the most alarming possible risks frequent travelers face is deep vein thrombosis (DVT), a serious condition involving blood clots in the legs. These clots can break away and travel through the bloodstream to the lungs, causing potentially fatal pulmonary embolism. Sitting for an extended period of time while riding in a car or airplane appears to raise the risk of DVT.

NATURAL SOLUTIONS: To reduce DVT risk in flight, it's important to regularly change your leg positions and periodically move and stretch your legs and feet while seated by rotating your ankles and flexing and stretching your calf and thigh muscles. Drinking plenty of non-diuretic fluids (e.g., water, decaffeinated teas) is also vital.

Pycnogenol, a proprietary pine bark extract, has been shown to help reduce DVT risk. In a double-blind, placebo-controlled study involving 198 people already at risk for developing blood clots and on a flight lasting four hours, four people taking a placebo experienced superficial blood clots and one developed DVT; there were no blood clots in the Pycnogenol group.

TRAVEL HAZARD: JET LAG

If you are traveling by plane over several time zones, you may experience difficulty falling asleep and daytime fatigue. To acclimate yourself to the local time, move your mealtime forward or back for about one week before your trip. Also, starting a few days before the trip, go to bed a little earlier each night. This especially helps if you are traveling westbound.

Avoid drinking coffee or alcohol on longer flights, especially if you are traveling abroad. Either can disrupt your sleep, leaving you tired. Book a flight that allows you to arrive in daylight, if possible. Sunshine helps regulate your internal clock, so get outdoors for a walk—even if you would rather take a nap. An hour of aerobic exercise within 24 hours of landing helps your body adapt to a new time zone.



Avoid drinking coffee or alcohol on longer flights, especially if you are traveling abroad. Either can disrupt your sleep.

NATURAL SOLUTIONS: Melatonin has been shown to help prevent and treat jet lag. It appears to work by helping reset the body's internal clock. When it comes to melatonin dosages, everyone is different. Some people respond to a low dose of the supplement (e.g., 0.5 mg of melatonin), while others need a higher dose to induce sleep and alleviate jet lag symptoms. It is safe to take up to 5 mg per day.

NADH is a substance that occurs naturally in the body. In a double-blind, placebo-controlled trial, 35 people taking an overnight flight across four time zones received either 20 mg of NADH sublingually, or a placebo sublingually upon daytime arrival. Participants were then given tests of mental alertness 90 minutes after taking the NADH, and then five hours later. Those in the NADH group did significantly better than those taking the placebo.

TRAVEL HAZARD: DIGESTIVE DISTRESS

The old cliché of foreign travel, "don't drink the water," rings true. When you are traveling to a foreign country, you have a 20 to 50 percent chance of developing traveler's diarrhea, according the U.S. Centers for Disease Control and Prevention.

There are obvious signs of a food- or water-borne intestinal illness. But other causes of intestinal problems can be more serious and sometimes harder to recognize. For example, red or black stools can be a sign of parasites. And a fever suggests a more serious infection. Seek medical attention with either of these symptoms.

NATURAL SOLUTIONS: One of the best ways to protect your intestines while traveling is by taking probiotics (e.g., acidophilus) at least a week before foreign travel and taking a nonrefrigerated probiotic throughout your trip.



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Having bottled water with you at all times is also important for preventing digestive illnesses. In some countries, it's wise to avoid tap water completely and use bottled water for all of your daily hygiene, including brushing your teeth and washing your face.

Digestive enzymes are also an important travel remedy to pack. They can help support the body's digestive process, fight off intruding bacteria, and ease digestive upset from unfamiliar foods. Take one to two capsules with meals. Pineapple and papaya are good sources of digestive enzymes, so enjoy these fruits if they are



DON'T LEAVE HOME WITHOUT IT

Don't zip up that suitcase just yet—be sure to pack these healthy travel products for a worry-free trip.



MASTER SUPPLE-MENTS Theralac Travel Pack is a probiotic formula that does not require refrigeration—perfect for short or long trips.

Nature's Plus

CHEWABLE



HIMALAYA Herbal Healthcare Party Smart is ideal for anyone mixing travel with alcoholic beverages. Grab a travel-size box of this herbal-based product and take daily for liver support and relief from overindulgence in wine, beer, or spirits.





BADGER SPF 35 Sport Sunscreen Stick is unscented and made with love that it's also water-







UDO'S CHOICE Adult Enzyme

Blend is a comprehensive enzyme blend that boasts higher concentrations of certain enzymes for extra digestive support.



Travel Wipes are biodegradable and free of chemicals and common allergens. They are made with soothing botanicals like chamomile and cucumber, and are great for babies, kids, and adults.



TOPRICIN Pain Relief and Healing Cream is a homeopathic formula with arnica and

other remedies that works quickly to ease overworked, achy, and stiff muscles.



TWINLAB Melatonin Dots have 3 mg of melatonin and are designed to dissolve quickly in your mouth, so



Sherrie Strausfogel is the author of Hawaii's Spa Experience: Rejuvenating Secrets of the Islands. Her articles about travel, beauty, spas, health, and cuisine have appeared in more than 100 magazines newspapers, guidebooks, and websites. She is based in Honolulu.

Wherever You May Roam, Take the Spa With You!

- ▶ Pack a travel-size bottle of massage oil for those aching muscles, and aromatherapy bath oil to help you relax. Homeopathic creams for pain that include arnica and other healing remedies are also perfect to take along on trips where you might be walking more than usual or spending large parts of the day outdoors (e.g., hiking, skiing).
- ▶ Also for achy muscles: Add a packet of effervescent vitamin C to your bath for relief. And also add the packets to water bottles for added immune support and electrolyte replenishment. Or pack a bottle of chewable vitamin C.
- Dedicate 10 minutes at night and in the morning to stretching to stay energized.
- ▶ To look refreshed after a long flight, pack a gel eye mask and chill it in the ice bucket in your hotel room.
- ▶ Carry lavender essential oils. Lavender helps promote a sense of calmness and may help fight stress and boost mood. Place a few drops on your pillowcase for peaceful sleep. You can also place a few drops on a tissue and wipe over toilet seat or the bathroom counter top to disinfect them. Also good for travel: peppermint essential oil, which helps fend off fatigue and encourage mental alertness. Rub a drop between your middle fingers and then stroke on your temples and the hollows at the sides of the back of your neck where it meets your skull.
- ▶ Protect your skin from sunburn with a travel-size sunscreen. Bring one that is a little bit stronger than your everyday sunscreen if you plan to be out in the sun all day.
- Retaining water can be a side effect of a long flight. Try adding sliced cucumber, a natural diuretic, to water. This will help reduce any unnecessary water retention while keeping you hydrated.





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WHAT'S ALL THE BUZZ ABOUT?

Summer is the season for bee stings and rashes. Here's why Apis mellifica is the perfect homeopathic remedy to have on hand



OUCH! WHAT HAPPENS WHEN YOU ARE

stung by a bee? Typically, you will experience a stinging sensation right away, as well as red swelling around the area and heat. A sting may even be accompanied by a feeling of fear.

As a homeopathic practitioner, the remedy I would recommend for a bee sting is Apis mellifica, which is actually made from female honey bees, including the

stingers. This is a perfect example of the homeopathic doctrine "like cures like," in which a small amount of a substance that would cause symptoms similar to what the patient is experiencing is used to stimulate the body's own natural healing response. Apis mellifica is also indicated for other injuries that result in swelling or stinging pain, such as puncture wounds and rashes.

Apis mellifica is also one I might give to patients who could be described as "busy

bees." They are good multitaskers and may feel overworked. They are usually running around from here to there. Their thoughts hop from one subject to another, and they can be very fast thinkers. They feel physically strong, but at times emotionally irritable. If they feel betrayed, they will strike out. They have a strong sense of family and want to be in control and protect, as a bee would protect a hive.

WHEN TO USE APIS MELLIFICA

Apis mellifica may be indicated if:

- The injury is inflamed with redness, burning, and stinging. It looks similar to an infection, or allergies.
- The area is swollen, red, and very sensitive.
- There is stinging pain in the affected part.
- The patient is feeling anguish and exhaustion, often accompanied by a lack of thirst.
- ▶ The patient experiences itchiness or hives.
- The patient feels a great sensitivity of the injured area to touch.
- The patient is experiencing general soreness, such as a feeling that "every hair is painful to touch."
- Great exhaustion, as if after working very hard. The patient is compelled to lie down
- The patient experiences pains that jump from one spot to another.
- The patient feels better with cold applications; open air; cold water or

TUNING IN

Listening to the "signals" is key in determining the correct homeopathic remedy

When you see a homeopathic practitioner for the first time, that person should hear your "whole life story," so to speak. I tell my new patients, I need to know everything—from bathroom habits to dreams and everything in between. An initial consultation usually runs anywhere from an hour to 90 minutes. During this time, I listen to a patient's story and health complaints, and then match up a remedy/ remedies best suited to that individual. Working with patients is somewhat like tuning into a radio station. Once I zero in on a patient's "station," the signal comes through clearly, and I am able to prescribe the appropriate remedies. It's not always that simple—in homeopathy, there are more than 4,000 remedies. But often, once I hit on the right "remedy station," I start to see miracles happen. [Editors' note: To find a licensed homeopath in your area, visit homeopathycenter.org.]



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- cold bathing; uncovering; and walking or changing positions.
- The patient feels worse with heat; after sleeping; being in an enclosed room (warmed and heated rooms are intolerable); and getting wet, but better from washing or moistening the injury with cold water.

PICK YOUR POTENCY

Apis mellifica is a must in your medicine cabinet. It's safe for you, your family members, and even your pets. It is best to take this remedy internally. For smaller traumas, start low (1M or 200C pellets), and increase the potency the greater the trauma (30C or 12C pellets). For topical Apis mellifica, see a homeopathic doctor.

Avghi Constantinides, DHom, HMC, MA, is a certified homeopathic practitioner who has been in private practice in Los Angeles since 1995. Visit her online at homeopathyforlife.com.

CASE STUDY OF A "BUSY BEE"

A 32-year-old woman came in to see me. She worked as a professional organizer, and was friendly and upbeat. She was a "fast talker," and would switch quickly from one subject to another. Her main complaint was itchy bumps, a rash that had broken out all over her torso and limbs accompanied by a burning and stinging sensation. She'd been experiencing symptoms for about two weeks. I asked what had happened in her life about two weeks ago. She gushed about being asked to be on TV. She was both anxious and excited about this opportunity that would be great for her career.

I gave her Apis mellifica, at a dose of 30C, three times a week at night. By the third dose, the rash was gone. She did her appearance on TV with clear skin.

good buys ...



BOIRON Apis mellifica 30C is indicated for swelling from insect bites and allergies. Dissolve pellets under the tongue as directed.



HYLAND'S Hives is designed to ease red, swollen, and itchy rashes without side effects. This formula contains Apis mellifica.



DR. KING'S NATURAL MEDICINE Skin Irritations & Itch Relief uses Apis mellifica and other remedies to ease skin irritations. Spray directly into your mouth.



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BEAUTY BREAKTHROUGH

Ceramides nourish skin from without and within

SMOOTH, SUPPLE SKIN IS A NATURAL HALLMARK OF YOUTH—AND ONE

we pursue with great dedication. Some of this youthful magic can be attributed to compounds called ceramides, which naturally diminish with age. But if recent research is correct, topical and oral ceramides may be one of the keys to slowing the effects of time.

Here's how the aging process works: the outer layer of skin—the stratum corneum—is made up of flattened, dead skin cells arranged in overlapping layers; these layers create a barrier that blocks toxins and germs, holds in moisture, and helps the deeper layers of skin retain their youthful suppleness. These layers are held in place by ceramides, fatty structures that "cement" the dead skin cells together, keeping them from flaking away and locking in water molecules. Ceramides also inhibit elastase, an enzyme that breaks down elastin.

Every 40 days or so, the dead cells on the outer layer of skin are replaced by fresh, living cells that rise to the surface from the deeper layers of skin. But as we age, cell turnover slows significantly. Likewise, when we're young, the body manufactures plenty of ceramide molecules that nourish skin. However, as we age, the body's production of ceramides slows, resulting in thinning of the skin's outer layer, a subsequent lessening in moisture retention, increased wrinkling, and loss of flexibility and smoothness.

As we age, the body's production of ceramides slows, resulting in thinning of the skin's outer layer.

Here's the good news: new studies are showing that supplemental ceramides can support skin structure, protect against moisture loss, and maintain smoothness and elasticity of skin.

Originally derived from animal sources, usually bovine, newer versions—called "phytoceramides" for "plant"—come from wheat, sweet potato, or rice. Generally, ceramides are available in two primary forms: topical and oral.

TOPICAL CERAMIDES

Many creams, lotions and serums contain ceramides, from plant sources or in the form of







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pseudo-ceramides (often listed as "hydroxypropyl bispalmitamide MEA). These topical ceramides work by penetrating the top layer or two of skin; they're generally considered less effective in reaching deeper layers of skin, but a few studies show they're helpful in treating dryness. Some studies show topical ceramides can improve skin; in one study, ceramides increased skin hydration and elasticity, and significantly reduced dryness. In another study, a ceramide-based cream was effective in restoring moisture barrier function of skin and treating atopic eczema, a skin condition marked by itching and dryness. And another study found ceramidecontaining cleaners and moisturizers significantly improved itching, dryness and other symptoms of topical dermatitis, a recurring inflammatory skin disorder.

CERAMIDE SUPPLEMENTS

While topical ceramides are helpful, oral ceramide supplements can reach the deeper layers of skin and nourish from within. You'll find ceramides from wheat germ oil or other sources in capsules, alone or in combination with other skinhealing ingredients like collagen, vitamin



EARTH SCIENCE

Multi-Therapy Ceramide Healthy **Skin Lotion** is a great example of just how well topical ceramides soften and alleviate dry skin—for hours at a time, too. No greasy film either.

COLLAGEN: ALSO A BEAUTY MUST-HAVE

Ceramides are just one of several nutrients taking the beauty world by storm right now. An equally powerful alley in the fight against aging is collagen, specifically in supplement form. Collagen gets its name from "kólla," the Greek word for glue, because it makes up connective tissue. Technically, it is a type of protein, making up about one-third of all proteins in the human body. It's estimated that there are approximately 29 different types of collagen, but types I and III make up between 80 and 90 percent of the total, according to research. Like ceramides, collagen production slows with age, starting to decline as early as age 25. Fortunately supplements of type I and III collagen can help prevent and/ or reverse signs of aging. For example, collagen hydrolysate has been shown to improved skin elasticity among women age 35 or older.

C, and hyaluronic acid. Several studies show taking ceramide supplements can increase ceramide concentrations in the skin, enhance moisture retention, and significantly reduce dryness and flaking. In one study, women who took wheatbased ceramides for three months showed a significant increase in skin hydration. The ceramides were significantly more effective than a placebo in relieving dryness.

In that three-month study, women with dry skin took either wheat ceramide oil or a placebo, and different measures were used to determine the supplement's efficacy. In objective measures using a technique called corneometry, the supplement increased skin hydration by more than 35 percent, compared to less than 1 percent in the placebo group. In objective measures, in which the test subjects rated their skin's changes, the supplement improved roughness, hydration, suppleness, itchiness, and overall state of the skin. Other studies also

GENUINE

DIETARY SUPPLEMENT

120 softgels



olive oil).



Super Collagen Powder is a hydrolyzed form of type I and III collagen from bovine sources. We love that it's tasteless, and while it can be mixed into any beverage, it's best taken first thing in the morning on an empty stomach.

suggest phytoceramides improve brain function, boost immunity and may help treat brain diseases like Alzheimer's.

All in all, a combination of topical ceramide creams and oral ceramide supplements may be your best bet to nourishing skin from without and within. If you're sensitive to gluten, look for alternatives to wheat-extract ceramides.



RESERVEAGE NUTRITION Collagen Hydra Protect with Ceramides

features a ceramide wheat complex, as well as collagen. "Very good product ... people have been asking me if I've had a face-lift," read one online review of this product.

Lisa Turner is a certified food psychology coach, nutritional healer, intuitive eating consultant, and author. She has written five books on food and nutrition and developed the Inspired Eats iPhone app. Visit her online at inspiredeating.com.





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Lindsey Waters

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†These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

BEAUTY ON A BUDGET

Five must-have multitaskers

WOULDN'T IT BE NICE TO TWEAK YOUR BEAUTY ROUTINE

so you spend less time getting ready, clear the clutter out of your bathroom and beauty bag, and save some money? Simply shop for beauty products that are natural multitaskers like these:

1. Coconut Oil

Pure coconut oil is about 50 percent lauric acid, a fatty acid that has antiviral and antibacterial properties along with being super-nourishing for skin and hair.

Coconut oil can serve as a moisturizer in a pinch. The oil helps with dry skin, works well as massage oil, and is even helpful for conditions like eczema. It can also double as makeup remover and cuticle oil. And if your hair is on the coarse side, coconut oil is an ideal moisturizing treatment - with a subtle fresh fragrance.



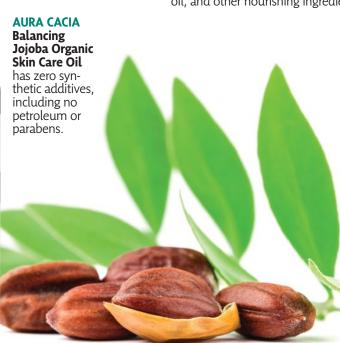
SIBU BEAUTY Sea Buckthorn Replenishing Night Cream is a thick, skin-soothing cream made with antiaging sea buckthorn berries, coconut oil, and other nourishing ingredients.



BY SHERRIE STRAUSFOGEL







2. Jojoba Oil
Turn to this wonder oil to prevent breakouts,

reduce wrinkles, and fade stretch marks. It's a natural emollient and moisturizer that can be applied directly to your face, body, hair, or lips to nourish, soothe, and detoxify. Use it to remove stubborn eye makeup, condition lashes, mend flyaways and split ends, and even soothe sunburn. You can also shave with it and use it as carrier oil for aromatherapy. It's ultra-hydrating because it mimics the natural oils that your body produces, plus it contains almost all of the vitamins and minerals essential for healthy skin and hair: vitamin E, B-complex, copper, zinc, selenium, iodine, and chromium.



LILY OF THE DESERT 99% Aloe Gelly is a sensational after-sun skin soother. It also works great as a moisturizer, with organic aloe and vitamins A, C, and E.





Apply anti-inflammatory aloe vera gel on red blotches which can form after eyebrows are plucked or waxed. It's rich in vitamin E, so it's great for skin, especially as an after-sun treatment, and can help to reduce stretch marks. Its anti-fungal and anti-bacterial properties help with acne, and it can also help with excess pigmentation such as age spots. Try adding it to homemade scrubs by mixing it with sugar or sea salt and honey. Aloe vera is also great on its own as a scalp massage and conditioner that can reduce dandruff—and can be used as a styling gel in a pinch!

4. Vilamin E stick or ointment

It may be a staple of your first-aid stash as it helps to heal sunburns, minor cuts, and other skin irritations-but this ointment can also be used as a lip treatment and lip balm. For dry or chapped lips, apply vitamin E and then brush them very gently with a toothbrush for an exfoliating effect. It moisturizes while providing a shiny gloss, and can also be used to tame brows.



5. African Black Soap

Naturally black in color and used for centuries throughout Africa, this cleanser exfoliates skin, clears blemishes, diminishes dark spots, smooths skin texture, calms razor bumps, and soothes symptoms of eczema, psoriasis, and dandruff. Available in bar soap, liquid wash, or powder, it's ideal for face, hands, body, shaving, and shampooing, and is gentle enough for babies and sensitive skin. It's made from locally harvested plantain,

cocoa pods, palm tree leaves, and shea tree bark that is sun-dried and then burned to an ash that has a high concentration of vitamins A and E and is anti-inflammatory. The ash is added to coconut oil, palm oil, and shea butter, which are natural moisturizers that also repair, strengthen and protect skin.

ALAFFIA Savanna Spice Extra Rich **Authentic Afri**can Black Soap is a fairly traded product made with unrefined shea butter from Africa.





NUBIAN HERITAGE African Black Soap is sustainably produced and ideal for anyone with acne-prone skin. Oats, aloe, and vitamin E lend a soothing quality to this detoxifying bar.

Sherrie Strausfogel is the author of Hawaii's Spa Experience: Rejuvenating Secrets of the Islands (the first book to feature aromatherapy in its pages). Her articles about beauty, spas, health, cuisine, and travel have appeared in more than 100 magazines, newspapers, guidebooks, and websites. She is based in Honolulu.



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YOUR DOG'S WARM-WEATHER GROOMING KIT

Safe and natural shampoos, sprays, and deodorants

THE DOG DAYS OF SUMMER ARE HERE, AND

the season brings special challenges for pets. Hot weather combined with a furry coat can be uncomfortable for your dog, and flea and tick season is in full swing. However, according to the ASPCA, you shouldn't have your long-haired dog's coat shaved or cut short in an effort to keep them cool. "A dog's coat is like insulation for your house," explains Louise Murray, DVM, vice president of the ASPCA Animal Hospital in New York. "Insulation stops your home from getting too cold in winter, but it also keeps it from overheating in summer—and your dog's coat does the same thing." Your pup's coat also

protects against the sun's burning rays.

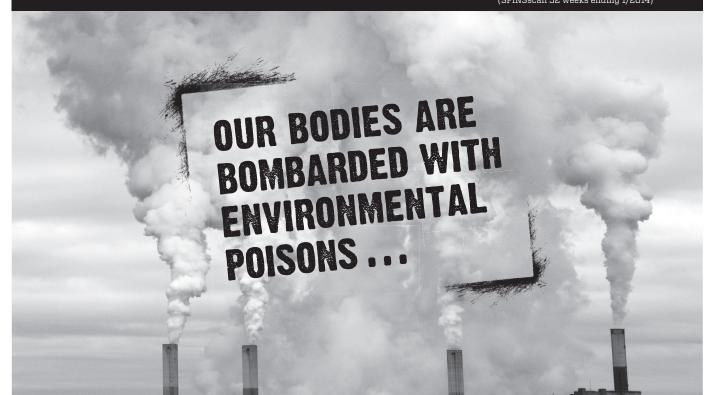
So what is a responsible pet owner to do? Shampooing and combing fur once a week keeps it from becoming matted and trapping heat. Regular grooming can also help remove allergens from the coat, which can mitigate symptoms if your four-legged friend suffers from allergies. And shampoos and sprays that contain naturally repellent essential oils can help to keep fleas and ticks at bay. Avoid products with perfumes and ingredients that can irritate your dog's skin, and be sure to use a shampoo specially formulated for dogs—a dog's pH levels are different from that of humans, so "people shampoo" is much too harsh.

Look for ingredients like these in grooming products for pets:

ORANGE OIL: Orange and other citrus oils help to repel fleas and also calm and relieve the itching that comes from flea bites, and mosquito bites.

OATMEAL: Oatmeal can soothe hives, bites, inflammation from flea bites, allergies, and dry, itchy skin. An oatmeal paste or bath can provide relief from a variety of skin conditions. Oatmeal contains antiinflammatory compounds called avenanthramides that ease itching and irritation, and oats take on a gelatinous quality that moisturizes and protects skin.

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We're surrounded by toxins. They're everywhere. In the things we eat and drink, and even the air we breathe. Some toxins are by-products of industrialization, others occur naturally. The good news: our bodies have a variety of ways to deal with toxins. The bad news: the current load exceeds our body's ability to adapt... and sooner or later everyone is affected.

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE





ALOE VERA GEL: Aloe is a soothing emollient that can relieve hot spots, insect bites, burns, dry skin, and dermatitis. **NEEM OIL:** "Neem is effective for fungus (such as ringworm), mites, and fleas and ticks," says Jean Hofve, DVM, a holistically oriented veterinarian and author of Paleo Dog. Look for this oil in pet shampoos and sprays. You can also try adding a few drops of neem oil to a regular pet shampoo or to a carrier oil and rub on problem areas. Never use undiluted neem oil on your dog. **PEPPERMINT OIL:** Peppermint oil helps to repel insects when used externally. **COCONUT OIL:** Coconut oil is rich in lauric acid, which has antibacterial, antiviral. and antifungal properties. Applied topically, coconut oil promotes the healing of cuts, wounds, hot spots, dry skin, bites, and stings.

Jennifer Martin is a freelance writer based in Los Angeles.

DIY DOGGY DEODORANTS

Keep your dog smelling clean between shampoos with a mist of a natural deodorizer on its coat. Keep a spray bottle handy to mist when needed—it will help keep your pooch cool, too. Here are three easy-to-make-at-home spritzers to try—just spray all over and allow to air dry. Remember to avoid spraying around your dog's eyes.

- ▶ ½ cup apple cider vinegar per ½ cup water.
- ▶ 15 drops eucalyptus oil and 4 drops lemongrass oil per 1 cup water. Eucalyptus essential oil is a powerful deodorizer, but never apply it full strength to your dog's coat.
- ightharpoonup 20 drops geranium oil and 12 drops lemon oil per $lap{1}{4}$ cup water. Geranium and lemon essential oils double as flea repellents.

good buys ...



ARK NATURALS Neem "Protect" Shampoo repels fleas and other insects, and works to heal skin and ease itching—without chemicals that can be harmful to both animals and humans.



VET'S BEST Natural Formula Flea + Tick Spray features peppermint oil and clove extract. This formula safely kills live fleas and flea eggs on contact, plus it soothes skin and leaves pets smelling fresh.



THE VITAMIN SHOPPE Anti-Itch Spray for Dogs includes aloe vera gel to soothe and relieve scratching from bites, hot spots, and other irritations.

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TAKE YOUR WORKOUT **OUTSIDE**

The unexpected perks of exercise in the great outdoors

WHEN SUMMER WEATHER BECKONS, IT'S

smart to take your workout outdoors. The closer to nature, the better.

Just 5 minutes of physical activity in a "green" setting, whether it's a city park or miles of open country, can do wonders for your mood and self-esteem, according to a British study of 1,252 women and men of all ages. Walking or cycling along a nature trail, horseback riding, kayaking, gardening, or virtually any other outdoor activity delivered equal mood-boosting benefits. Nature also reduces stress and makes people more caring and generous, according to a study at the University of Rochester.

If you're used to indoor exercise, going outdoors offers an additional perk. "It's a different environment for your lungs and makes you work harder," says Lacey Stone, a Los Angeles-based celebrity trainer. The change also adds variety, which improves overall fitness results. And then there's the obvious: It's fun.

IN THE CITY

City parks and green areas are great spaces for walking, running, and other exercises, and can provide some different equipment. As one option, Stone suggests a routine in a playground, such as this:

- On the swings, do five to 10 swings and jump off.
- Pull yourself up and across the monkey bars
- Do some lunges, alternating sides, for a total of 10 on each side.
- Use the slide.
- Do as many push-ups as you can.
- Take a short break if you need to, and repeat the steps one or two more times.

Cities also have nature trails that may challenge you to different degrees. To find trails near you and connect with walking or running groups, or start your own, check out mapmywalk.com.





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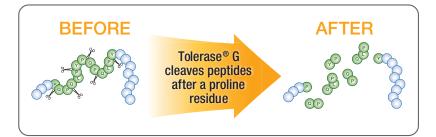
Inactivates hidden gluten found in gluten-free diets*

Surprising Sources of Hidden Gluten

- Baked beans
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- Broth, bouillon
- Candy
- Chocolates
- Color (artificial, caramel)
- Dry roasted nuts
- French fries
- Gravy
- Herbal teas
- Ice cream
- Imitation seafood
- Imitation bacon
- Maltodextrin
- Marinades
- Processed meat
- Rice mixes
- Salad dressings
- Sauces
- Sausage
- Seasonings
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- Soy sauce
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- * This product is not intended to replace a gluten-free diet and is not suitable to treat or prevent celiac disease.
- ** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



IN THE COUNTRY

A weekend hiking or biking getaway, or even a day trip can be rejuvenating, especially if you allow yourself to disconnect from electronic devices. People who went backpacking for four days, without electronic devices, improved their creative problem-solving abilities by 50 percent, in a study by the University of Utah and University of Kansas.

National parks offer inexpensive access to plenty of open spaces. Depending on the trail, hiking can be quite intense, but there are also easy trails. To explore, visit the National Park Service at nps.gov, and trails.com.

AVOIDING DEHYDRATION HAZARDS

When switching to outdoor workouts, hydration is important. If the air is really dry, you might not notice that you're sweating buckets, even if you don't feel as though you're exercising intensely.

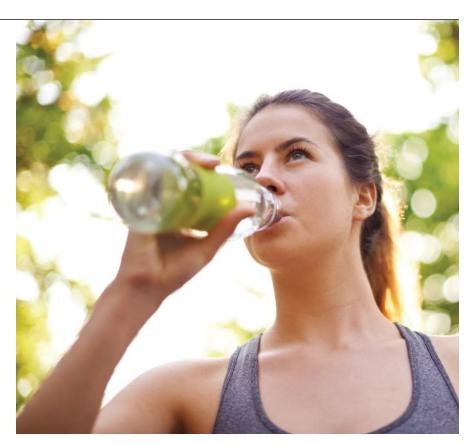
"It's not about how hard you're working but how hard you're sweating," says Fabio Comana, faculty instructor for the National Academy of Sports Medicine. "If you're more fit, you sweat sooner and more."

Thirst, says Comana, is only one sign of dehydration. Others include cramping, disorientation, lightheadedness, pale skin, and fatigue. However, if you experience nausea, vomiting, or a weak, rapid pulse, that's heat exhaustion, and the next stage is potentially fatal heat stroke. Stop, hydrate, get out of the heat, and take a cool shower or bath.

As a general rule, Comana recommends drinking 17 to 20 ounces of water, 2 to 3 hours before a workout. While exercising, get 7 to 10 ounces of fluid every 10 to 20 minutes. If you're working out for more than an hour, he recommends adding electrolytes to your water.

TEST YOURSELF

Given the same temperature, humidity, and exercise routine, no two people will lose exactly the same amount of fluid.



HYDRATION SHOPPING GUIDE

Electrolytes are minerals that our nerves and muscles need for normal electrical signaling within our bodies—controlling muscle contractions and relaxation, for example. Sweating during exercise can deplete electrolytes, especially sodium and potassium, as well as calcium and magnesium. Symptoms of a shortfall can include fatigue, muscle spasms, weakness, numbness, twitching, and an irregular heartbeat.

Regular sports drinks are one way to replace electrolytes, but they can also contain sugars and artificial additives. Other, often more natural, options include natural sports drinks and electrolyte powders that are added to water. Some powders also contain vitamins or herbs to boost performance, improve recovery, or provide additional nutritional support, such as extra vitamin C. And some come in tablets.

Many natural formulations and flavors are available in single-serve packets. They're easy to carry, convenient, and let you use your own favorite water bottle.

This, says Comana, is the best way to tell if you're staying hydrated:

- Just before and after a workout, weigh yourself. If you need to use the bathroom at either time, do it before getting on the scale.
- If you lose 2 percent of your weight (for example, a 3-pound drop if you weigh 150 pounds), or more, you need more fluid during your workout.





AMERICAN HEALTH Ester-C Effervescent Plus Electrolytes come in individual packets (shown here in Natural Orange flavor) with electrolytes, B vitamins, and 1,000 mg of nonacidic vitamin C.

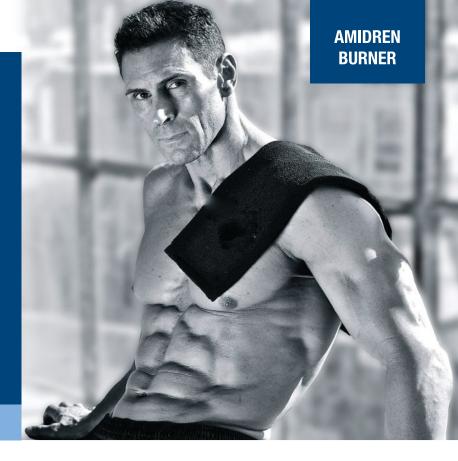
VEGA SPORT Electrolyte
Hydrator Lemon Lime is
sweetened with stevia and has
zero calories. Add a scoop to
your water bottle and go!



Amazing Wellness contributing editor Vera Tweed has been writing about nutrition, fitness, and healthy living since 1997. She specializes in covering research and expert knowledge that empowers people to lead better lives. Tweed lives in Los Angeles.

BURN'S HEALTH ALERT

REJUVENATE YOUR METABOLISM



THE FAT BURNING SOLUTION FOR MEN OVER 40

By Gabriel Wilson, Ph.D.

When you were in your 20s, you could probably eat whatever you wanted without worrying about packing on the pounds. Pizza, no problem! Another slice of cake — why not! But now, the dinner you ate last night appears on your waistline the next morning, and every cheat food you eat seems to turn to fat and stick to you like glue. Hard as you may try to diet and exercise, your body just doesn't respond the same as it did in your youth.

As you age, metabolic changes occur that make your body much less efficient at burning fat and more efficient at storing fat. The truth is, you are not alone. Age-associated weight gain affects millions of men after age 40 and some men may even begin to experience it in their 30s.

THE AMIDREN ADVANTAGE: A WEIGHT LOSS SOLUTION FOR MEN OVER 40

If you are over 40 and struggling with weight gain, it's possible you may have already tried fat burners and been disappointed by the results. This is because most fat burners contain nothing more than stimulants, but do nothing to address the specific metabolic changes men experience with age. What makes AMIDREN BURNER unique from all other fat loss formulas is that it is specifically designed to address the needs of men over 40. By the time you hit age 40, your body's ability to release, transport and burn fat is compromised and

your natural production of key fat burning enzymes has dropped by as much as 40%, and they continue to fall for the rest of your life. AMIDREN BURNER contains clinical doses of key ingredients shown to replenish these key fat burning enzymes and reactivate the release, transport and burning of adipocytes, also known as fat cells. In fact, three double-blind, placebo-controlled clinical trials have shown that a key ingredient in AMIDREN BURNER can restore natural fat burning substances in the body and amplify the fat loss and weight loss effects of diet and exercise by up to 300%!*

The Sera-Pharma R&D team and its Medical Director, Dr. Vincent Giampapa, M.D., have dedicated years to studying age-associated weight gain in men. Now, you can benefit from all their efforts and research by using AMIDREN BURNER to reactivate your metabolism so you can burn fat like a 20-year-old again.

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Significantly Enhances

Weight Loss*++

Stimulates the Release,

Transport & Burning of Fat*

Upregulates Key

Metabolic Enzymes*

PERFORMANCE NUTRITION

FOR MEN OVER 40

The driving force behind AMIDREN BURNER is its highly advanced "release," "transport" and "burn" (RTB) Lipid Kinetics Technology and array of potent clinically researched ingredients.

- ✓ Restore Key Fat Burning Enzymes
- Spike the Release, Transport and Burning of Fat
- ✓ Amplify Fat Loss by Up to 300%*

*Kalman, et al., Current Therapeutic Research, 2000; 61:35-442.

AMIDREN BURNER CAN HELP YOU ACHIEVE THESE RESULTS BY REJUVENATING YOUR METABOLISM TO A YOUTHFUL STATE!



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THE ROAD TO WELL-BEING MAY BE STEEPED IN TEA. SCIENCE CONTINUES TO REVEAL JUST

how potent this ancient beverage is. Green tea, for example, is loaded with catechins and phenols, which have been found to protect the heart and brain and extend life, not to mention help protect against cancer (a nice little "side effect" of this heart-healthy drink). Oh—and green tea also helps you lose weight! Similar healthy compounds and benefits have been identified in other types of tea, including black and white teas.

The following recipes let you savor the joys of summer and give your health a boost at the same time.

Iced Green Tea Limeade

Serves 4

This recipe combines the healing power of green tea with ginger, which adds just the right amount of flavor and zing to the iced tea, making it an absolutely perfect, refreshing drink for a summer day at the beach.

RECIPE BY JEANNETTE BESSINGER, CHHC

CONCENTRATE:

4 cups water 4 lemon green tea bags 1/4 cup raw local honey, or to taste 1½ Tbs. ginger juice, or to taste Juice of 3 limes Fresh mint leaves for garnish, optional

- 1. Bring water to a boil and remove from heat.
- **2.** Add tea bags and allow to steep for 10 minutes.
- **3.** Remove tea bags and stir in honey until completely dissolved, rewarming tea slightly, if necessary.
- 4. Stir in lime and ginger juice.

FOR FULL PITCHER:

- **1.** Pour hot concentrate into a glass pitcher.
- **2.** Add $1\frac{1}{2}$ 2 trays of ice, stirring to combine as it melts.
- 3. Garnish with mint leaves, if using.

OR INDIVIDUAL SERVINGS:

- 1. Pour concentrate into a quart-sized Mason jar and store in fridge.
- 2. To make tea, fill a glass with ice and top with concentrate to taste.
- 3. Garnish with mint leaves, if using.

PER SERVING: 80 cal; 0g pro; 0g total fat (0g sat fat); 21g carb; 0mg chol; 0mg sod; 0g fiber; 17g sugars

tea tip: You can do a really terrific and unusual variation on this iced green tea beverage by substituting a legendary tea powder known as matcha for the four lemon green tea bags. Matcha is a very specific type of premium green tea grown only in Japan. It has a unique rich taste—full-bodied, astringent, with a lingering sweetness. But it's also known for its numerous health benefits—rich in nutrients, antioxidants, blood-purifying chlorophyll, and, of course, the wonderful, calming amino acid, L-theanine. If you use matcha, just substitute 1 tsp. of the powder for the tea bags: blend 1 cup of water, 1 cup of ice cubes, 1 tsp. of matcha powder, ½-inch peeled ginger root, the juice and zest of 1 small lime, and 1–2 Tbs. of raw local honey in a high-speed blender until frothy. Pour into a tall glass and enjoy at once. —JEANNETTE BESSINGER, CHHC

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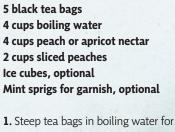
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Peachy Iced Tea

Serves 8

Balancing the tannins in strong brewed tea with pieces of fresh summer fruit and sweet fruit nectar creates an exceptionally refreshing beverage. Tote it in a Thermos or ice-filled, tightly capped plastic pitcher to your picnic spot. For a variation, substitute blackberry juice, blueberry juice or bilberry nectar for peach nectar, and try blackberries for peaches.

RECIPE BY PATSY JAMIESON



2. Combine brewed tea and nectar in large pitcher. Gently stir in 1 ½ cups peaches. Refrigerate until chilled, at least 3 hours

or overnight.

3. Put remaining peach slices into individual glasses. Add ice cubes, if using, and pour in tea. Garnish with mint sprig, if desired.

PER SERVING: 80 cal; 1g pro; 0g total fat (0g sat fat); 21g carb; 0mg chol; 40mg sod; 1g fiber; 20g sugars

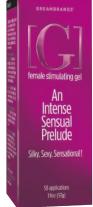


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Mdrive Prime with (3) clinically proven ingredients to support healthy testosterone and daily energy levels. No caffeine. Reduce cortisol related stress. Learn more: mdriveprime.com



This Internal Harmony formula is safe, effective relief. Clinically proven ingredient relieves hot flashes and night sweats, plus herbal extracts, vitamins and minerals to feel more focused.

Learn more: feelgoodharmony.com











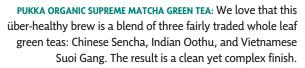
iced tea indulgence

Want to make a pitcher of no-frits iced tea? Try one of the following boxed teas—all three are standout selections that taste great hot or cold.



RISHI TEA ORGANIC BLUEBERRY HIBISCUS:

The tangy-tart flavor of hibiscus is married with sweet blueberries for a superrefreshing beverage. It's caffeine-free, too.





REVOLUTION TEA SWEET GINGER PEACH TEA:

Fans describe this popular brew as "the best tea ever" and "the best ginger-peach tea blend." You'll notice the bright, sweet aroma of peach and ginger the minute you open the box.



Don't Surrender to Candida. Syntol AMD® will enable you to end the war with Candida yeast.* This professional

strength formula introduces probiotic spores that aggressively crowd-out Candida yeast.* Additionally, extremely potent yeast-digesting enzymes are able to neutralize dead and dying yeast which enables users to avoid typical "die-off" or detox symptoms.* Syntol is non-GMO, vegan and hypoallergenic.



Blood Sample Before Syntol

Live images of blood plasma show high concentrations of candida yeast (dark blotches).* Participant suffers from fatigue, poor memory, vaginal itching, abdominal discomfort and poor sleep.



Blood Sample After Syntol

Live blood shows normal Candida levels.* Participant has indicated energy levels are higher than have been experienced in over 10 years.* Vision and digestion are now normal, and all other issues have subsided.*



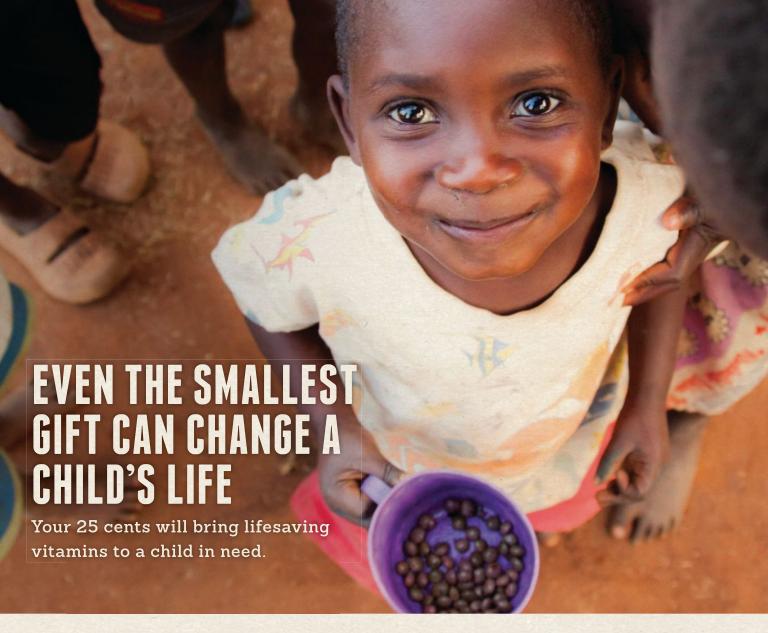
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6





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SIZZLING SELECTIONS

Look and feel great with these summer product picks







1. Oh-So-Good Omegas

NORDIC NATURALS Omega Boost (shown here in Tropical Mango, and also available in Creamy Lemon) is a delicious way to get your essential omega-3 fatty acids. Omega Boost supports optimal health and wellness with 570 mg of omega-3s per teaspoon, and its triglyceride molecular form ensures better absorption of these essential fats. Mix it into foods such as yogurt or take it by the spoonful.

2. Sculpt and Smooth

You can start looking and feeling younger today with the power of collagen. With 16,000 mg of type I collagen peptides in every dose, **HEALTH DIRECT AminoSculpt** not only supports lean muscle and improved energy, but also promotes smoother skin, stronger nails, and thicker hair. Plus, it's free from sugar, sodium benzoate, and potassium sorbate.

3. Herbal Libido Boosters

BRICKER LABS Macabido is a breakthrough formula that combines Macaplex, a potent standardized maca extract, with powerful herbs and nutrients to boost libido while supporting overall sexual health in men and women. In clinical trials, Macabido out-performed maca in all areas, including increasing sexual desire, reducing stress, and improving feelings of well-being. Choose from Women's or Men's Formula.

4. Clearer Skin from Within

Herpanacine Skin Support BY DR. WAYNE DIAMOND has been a favorite for 25 years for preventing skin conditions including acne, rosacea, cold sores, shingles, eczema, psoriasis, and more. It's a unique blend of vitamins, herbs, and super antioxidants. It's non-GMO, gluten-free, allergen-free, and vegetarian. Plus, it's safe for everyone, from babies to Baby Boomers.

5. The Beauty of BioCell

Think of **THE VITAMIN SHOPPE Biocell Collagen II With Hyaluronic Acid** as a beauty enhancer that works from within. Its three key nutrients: hyaluronic acid, collagen and chondroitin, promote youthful-looking skin and provide skin support. But wait, there's more: BioCell also helps promote improved mobility and healthy joint support.



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